

The Journal

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Thursday, February 22, 1990

35¢



An El Cerrito sculptor whose usual medium is good enough for Donald Trump. See page 9.

Staff shortages take their toll

Albany schools could lose police liaison

By Teri DeLoache
The Journal

ALBANY — Police Sgt. Gerald Koehne likes his job but sometimes it gives him nightmares — when child molesters go free because victims are too young to testify or when someone tries to

abduct a youngster walking home from school.

Koehne has been an Albany police officer for 18 years but it wasn't until last August that he became the detective in charge of vice, narcotics and juvenile crimes. These kinds of crimes are on the increase and Koehne is finding he is being stretched to his limits.

"The reason I work here and stay here is because I'm allowed to work the cases as they should be worked," Koehne said. But personnel shortages in the Police Department are threatening that.

In addition to busting drug dealers, bookmakers and prostitutes, Koehne is called at least once a day to handle a problem with drugs, fights or truancy at one of the schools. He spends about 16 hours a week acting as a liaison, adviser and counselor at the schools.

School administrators sing his praises but Koehne said some of his other duties, like aggressive pursuit of narcotics violations, have gotten the short shrift.

As part of its mid-year budget

See FUNDING on page 10

WATERFRONT PROGRESS REPORT

Attorney says initiative sound

By Teri DeLoache
The Journal

ALBANY — The Citizens Waterfront Approval Initiative that requires a public vote on waterfront development plans will probably withstand legal challenges, the city attorney said in a report to the City Council Tuesday.

"It is believed that the initiative is valid on its face

under federal and state law," City Attorney Robert Zweben said. The initiative is, however, a "significant departure" from standard planning procedure and if passed by voters in June, it could cause problems for the city, he said.

If voters reject plans to build affordable housing on the 142-acre site it could violate state legislation prohibiting local

See WATERFRONT on page 10

Rash of burglaries solved

Police catch E.C.'s alleged meter thieves

By Janet Byron
The Journal

EL CERRITO — Seven San Pablo Avenue commercial burglaries were solved with the arrests of two Richmond men last week.

Donald Ray Dowell was seen leaving Del Norte Liquors at 1:30 a.m. Feb. 14, El Cerrito police said. Dan Hurley chased Dowell and caught him.

Dowell, 31, admitted his involvement in seven burglaries over a two-month period from December to February. He led police to arrest an accomplice, Louis Lee Hardaway, 58, who was also wanted for breaking into

most of the burglaries, the men threw a cement water meter over through front door glass while the businesses were closed at night. Detective Sgt. Jack Wood said the burglars usually stole cigarettes and liquor to exchange directly for illegal drugs.

"They were just grabbing stuff and running," Wood said. "They are taking it right to the dealers and the dealers would give them cash."

Del Norte Liquors, D's Bottle Shop and Angelo's Market, all on San Pablo Avenue, were robbed more than once in December, January and early this month.

The owners estimate that collectively they lost about \$2,000 in property, not including unrepaired damage to the front doors.

On Monday, Dowell and Hardaway were charged with multiple counts of burglary. Both are being held without bail at Contra Costa County Jail in Martinez.



Albany High School teacher Jerry Moller helps senior Tobin Mayell understand a classroom computer

Journal — Mark Koehler

The ABCs of computer literacy

Albany students are reaping the rewards of 4-year-old special tax

By Reed Malcolm
The Journal

THE 8 A.M. BELL rings, sounding the first period at Albany Middle School. The 30 or so students in the beginning computer class rush into the library and take their seats around a couple of bulky, outdated Commodore. Today is the last day this class will be using the dinosaur machines, for in another classroom down

the hall sit 25 brand new Apple Mac Plus computers.

A couple of blocks away at Albany High School, the students of Jerry Moller's computer literacy course diligently plot out lessons on the school's new IBMs. Some struggle with the difficult programs; others plow through like old hands, rushing so they'll have time to try out the machine's video games.

Tonight, these computers

'With the age we're living in it's essential that kids are prepared for the computerized world'

Jon Frank

will be used by Adult School students, many of whom have never touched such a machine.

What the students from each school have in common is that four years ago most would never have believed the

financially-strapped district could afford to even consider purchasing such state-of-the-art equipment.

But with funds flowing in from a unique special parcel tax, programs such as these are finding their way into the classrooms.

Approved by Albany voters in 1986, the special tax places an \$80 fee on all commercial and residential developments, directing all revenues to Albany schools. Total revenue generated by the tax is estimated to be \$700,000.

The money has benefitted a

See COMPUTERS on page 6

Study says Juvenile Hall dangerous for youths

Bay City News

MARTINEZ — An official of Contra Costa County's Juvenile Justice Commission said there has been a surge of violent incidents and sexual attacks in the last month at the county's overcrowded Juvenile Hall in Martinez.

Natalie Russell, the outgoing chair of the commission, told a committee of the county Board of Supervisors last week that first offenders as young as 9 are being housed with repeat offenders who are near adulthood. The more vulnerable boys are being victimized by older, tougher kids, Russell said.

In a melee during the three-day weekend including the Jan. 15 holiday for Martin Luther King Jr.'s birthday, three counselors were injured, Russell said. One suffered a dislocated shoulder and another's wrist bone was broken.

Five serious sexual attacks on Juvenile Hall residents have occurred in the last two months, Russell said.

"This has to stop right now,"

See HALL on page 5

Two on trial for killing chef at Spenger's

Bay City News

OAKLAND — A prosecutor said two former employees at Spenger's Fish Grotto in Berkeley should be convicted of murder for the brutal stabbing death of the restaurant's head chef.

In her opening statement in the trial of Sergio Gonzalez and Roberto Perez, Alameda County Deputy District Attorney Nancy O'Malley last week said the two men killed 56-year-old Clois "Bob" O'Connor early Dec. 31, 1986, because of disputes they'd had with him.

O'Malley said Gonzalez, who worked in Spenger's kitchen, was forced to resign three weeks before the stabbing incident and blamed his reputation in part on O'Connor.

O'Connor, who had worked at the restaurant for 25 years, was stabbed about 45 times in a boiler room adjacent to Spenger's about 5 a.m. as he arrived to open the restaurant.

The prosecutor said there was "intense slashing" around O'Connor's mouth and neck.

O'Malley said Gonzalez and Perez lived near the restaurant and partied with three friends all night before the stabbing, consuming both drugs and alcohol.

The non-jury trial is taking place before Alameda County Superior Court Judge Stanley Golde.

Both Gonzalez, 24, and Perez, 29, are charged with murder.

See SPENGER'S on page 5

Town meeting' turns into verbal brawl

Albany Waterfront combatants shout down Bates

Don Schinske
The Journal

ALBANY — When it was all over, Assemblyman Tom Bates said only shake his head.

"I came here to convey information, not referee a fight," Bates said.

Last Thursday's town meeting, held as a forum for Bates to discuss state issues and hear concerns about the Albany Waterfront, disintegrated into a shouting match over the proposed Citizens Waterfront Approval Initiative.

The initiative would require a public vote on zoning or recreational land use changes of the waterfront. Santa Fe City Corp. wants to put hotels, dining, retail and office buildings on the site currently used to Golden Gate Fields

Bates made repeated pleas to the crowd of 100 that this was 'not the place' for such an exchange, though a few ... felt it was Bates' agenda that was out of line

racetrack.

Bates made repeated pleas to the crowd of 100 that this was "not the place" for such an exchange, though a few among the small but vocal anti-initiative faction felt it was Bates' agenda that was out of line.

One of the assemblyman's three invited speakers, a consultant who was to discuss the economic aspects of Santa Fe's proposal, was shouted down when she acknowledged that she was hired by the Citizens for an Eastshore State Park, a

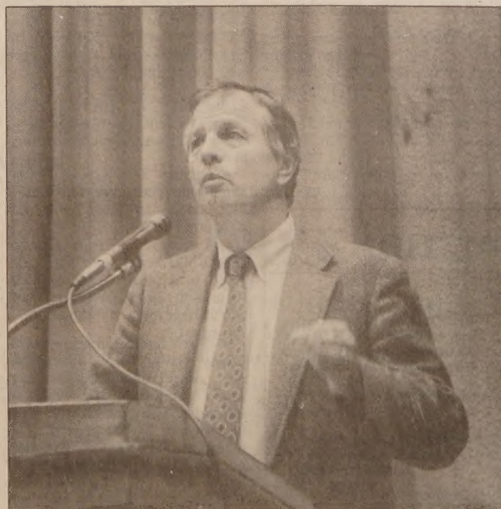
Berkeley-based group opposed to the development.

"The (meeting) is for Albany citizens," shouted Deirdre Sanchez, a member of the Traffic and Safety Commission.

Bates, in an effort to appease the dissatisfied, asked the speaker to step down. He was met with a chorus accusing him of letting Sanchez run the meeting.

The sparring continued when former city treasurer Joann Connor blasted the petition

See MEETING on page 5



Journal — David Reed

Assemblyman Tom Bates didn't expect a heated debate Thursday

One man's castle is another's eyesore

AM I MY BROTHER'S keeper? When the question first came up there were four people on earth — a nuclear family, mom, pop, two kids — and no neighbors to squawk. Noah started over from scratch but apparently no lesson was learned.

All that geometric begetting down through the eons now finds us cheek by jowl in Albany still asking the question: Are we our neighbor's keeper?

"POLICE STUNNED over waste-filled house" read the headline last week. Police stunned? Over the past three years there were 20 acknowledged complaints from neighbors about the exterior stench, not to mention the racket from 18 dogs and uncounted rats crawling in the filth. Having done nothing, police shouldn't even have been surprised, let alone stunned.

Getting rid of wrecks clogging streets or reeking garbage from yards requires no macho shooting from the hip or hot pursuit. Enforcement of unsavory laws may be no fun at all, but the buck still stops with the police.

Surely the City Council was stunned, too, yet letters to them saying neighbors could no longer stand to go into their own back yards and letters merely requesting an ordinance limiting number of pets in a house went unheeded. Maybe they are too overworked and underpaid to act to prevent a tragedy in the making — or maybe they are reluctant to come down hard on former brethren. (The home's owner was once a council member.)

What would *more* ordinances accomplish anyway? There are plenty of them already. City Hall keeps a building history and complaint file for every address in town. The number of laws violated and the levels of government belatedly involved in the recent scandal are all in the house's file. Especially interesting is the fact that the oldest paper concerning the event is dated Feb. 2.

For every law there's a separate blob of the bureaucracy to put you on hold and then say, "Call so-and-so. That's not in my bailiwick." An anti-ugly ordinance has been floating around for some time. "We were working on it," said my city hall mole. "It was first priority until another first priority came along — it's the story of our lives. We start things but we don't finish."

A MAN'S HOME is his castle, a law set deeper



By Phyllis Lyon

in our culture than any newfangled ordinance. To one Albany man that means he has an inviolable right to keep five cars and body parts, piles of tires, a water heater rusting under his lemon tree and piles of just plain garbage here and there in his yard.

The mess is strewn along the BART Park bike path, the pedestrian path, is the last thing you see in Albany from the train window as you pull into the Plaza Station and is across the street from the new San Gabriel Park the city is building for pleasant recreation.

At the edge of his eyesore castle he put a big crude sign: "KEEP OUT." O.K. You bet. Keeping feet out is easy, but the sorry sight cannot be ignored.

It's his right all right. But it makes you wonder how soon we'll see another headline.

OBVIOUSLY POINTING FINGERS and blaming somebody else for pockets of ugliness won't beautify the town or prevent another tragedy. What's a citizen to do?

On one hand we can be obnoxiously nosy, invade our neighbor's privacy and get into a fight over the fence or at city hall. We can keep saying Not In My Back Yard.

On the other hand we can triple-lock ourselves in dark rooms, scare ourselves to death with the unreality of sensational television and let the devil take the hindmost in our neighborhoods.

There's reason somewhere between the two extremes. We can wake up and, first, accept personal responsibility for our own castle with our neighbors' view in mind, formerly called consideration.

With some practice paying attention, we could extend our interest beyond our own houses and get together to keep our whole town safe for everyone — and at least unglugly, if not beautiful.

We might do it without laws, ordinances, enforcement and bureaucracy. It's old-fashioned, but it couldn't hurt to give it a try. Let's talk.

City Scene



Journal — Mark Koehler

Poles Apart

A 55-foot pole sprouted on San Pablo Avenue near Washington Street in Albany recently and some residents are wondering what it is and why it's so big. It's a GTE Mobile Net phone pole designed to improve service for cellular telephones.

The 2-feet in diameter tapered pole was installed November. Planning Director Claudia Cappio said since she's received "a few" complaints and that the city is "seeing what else could be done."

An antenna is planned for the top of the pole, bringing height to 70 feet. It is exempt from the city's height restrictions because it is a public utility, Cappio said.

Letters

Election reporting a 'hatchet job'

Editor:

Your article (Feb. 8) about the candidates for the upcoming Albany School Board election denigrates my candidacy by misquoting me, which I think was intentional, and by indirectly vilifying my sponsors.

Your reporter, Reed Malcolm, wrote — and I quote — "Many school board members and parents have expressed public concern over the possibility of Bergondy running uncontested ..."

Reporter Malcolm neglected to name the "many school board members and parents" who "expressed public concern over the possibility" of my election. Does Chicken Little really believe that the sky will fall on election day?

I did accuse the proponents of the extra school tax proposition (on April 17, 1987 ballot) of trashing my residence on election night after the election results showed that they were victorious. My accusation is on record in the City Council minutes for two successive meetings. Since no one came forward to publicly deny my accusation, I must assume that my accusation was correct. I also have pictures of the mess. Should I withdraw my candidacy to avoid future trashing of my residence? (I did not mention vandalism as quoted by Mr. Malcolm.)

At no time did I accuse anyone of rigging elections. I said that the agenda for the joint meeting of March 17, 1987 was rigged with time constraints that limited or totally eliminated the opportunity for citizens to ask questions.

Page 8330 of the minutes reveal that I questioned this time constraint at this meeting. This joint meeting was on March 17, 1987 and the election was held

on April 21, 1987. Who said the election for school bonds of April 21, 1987 was rigged? Not I!

I told Mr. Malcolm that in reply to a question, City Administrator Haden gave some dollar amounts on the cost of the library expansion and the minutes omitted those dollar amounts quoted by Mr. Haden. Reporter Malcolm quoted me as saying that I "... accused the city and school district of censoring minutes to public meetings ..." If, in Mr. Malcolm's opinion, an omission in official minutes, whether intentional or through negligence, is censorship then Mr. Malcolm should clearly state that it is his opinion and not accuse someone else of using the word censorship.

Page 8332 clearly shows that Mr. Haden discussed the cost figures but those same minutes did not record those dollar amounts.

Mr. Malcolm goes on to declare that I accused the "district" of "using lottery funds for personal salary hikes." What I said was that at the debate on the tax increase at the Veterans Memorial Building, members of the school board admitted that they had mistakenly used some of the lottery money for salary increases for personnel — not personal — salary hikes as reported by Mr. Malcolm.

I would suggest that you publish this letter before the April 6 Candidates Night to be held at the Albany Veterans Memorial Building. I feel that the thrust of Mr. Malcolm's reporting was a hatchet job directed at my candidacy and I recall the words of Harry S. Truman when he said, "If you don't like the kitchen, turn up the heat!"

Mr. Malcolm's reporting vilified the motives and integrity of the citizens of Albany who endorsed my candidacy, some of whom have been here for more

than 60 years. Was the intimidating nature of his article an attempt to still future dissent by implying by association?

Harry D. Bergondy

(Mr. Malcolm responds: "to a typesetting error" "personal" was printed "personal." I apologize for the error. And from that, I stand by my side.)

Ban the blowers in Albany

Editor:

I certainly second the motion my neighbor, David Green, in his article an attempt to still future dissent by implying by association?

As a working musician, I get to bed after 3 a.m. and do take kindly to being rudely awakened by those roaring monsters! Also, I enjoy an afternoon nap from time to time.

For some reason, these blowers seem to make much more noise than electric or gas lawn mowers and even rival the occasional more necessary sounds of jackhammers used in street repairs.

Perhaps they should use the rake-up method. Gardeners claim it would take longer to do their job but they wouldn't be bothering anyone, and the blowing machines are much less costly than rakes or brooms. I, definitely, will join AASA (Albany Against Sound Pollution) and urge any Albany residents interested in noise abatement to do likewise and or write your City Council members.

Dick

Police Report

Compiled by Janet Byron

Albany dog gnaws on odd-looking bone

ALBANY — The following is a partial account of crimes and incidents entered in Albany police records.

- At 1:20 p.m. Feb. 13, a 44-year-old Berkeley woman took out \$300 from the Citicorp cash machine on Solano Avenue and walked to Toy-G-Round. A man and woman followed her into the store. The woman made a distraction while the man lifted the customer's wallet from her purse.

- On Feb. 12, the management of 555 Pierce St. reported a strange odor coming from one of its units, and that the resident had not been seen or heard from for a while. When police entered the apartment, they confirmed the odor and noted that the interior looked like the aftermath of a tornado. A 48-year-old man was in his bedroom watching TV "with an extremely profound look of surprise on his face." He thanked police for their concern.

- A woman on the 600 block of

- Jackson Street reported that her dog had been gnawing on a very large bone it found on Albany Hill. She was concerned that it was a human bone. Police found the dog on the hill, and determined that the bone was most likely a shank bone from the butcher shop that hadn't been cut up.

- Police saw smoke coming out of a laundromat at Talbot Street and Solano Avenue at 2:45 a.m. Feb. 15. A 27-year-old Oakland man had lit newspapers and magazines in a laundry cart to keep warm.

- At 7:25 p.m. Feb. 13, police checked out a neighbor's report that four boys were on a roof on the 900 block of Curtis Street. The boys, from Berkeley and Oakland, said they had permission from the homeowner to look for pigeons on the roof, explaining that the house harbors a lot of pigeons that cannot see well at night, making them easy to capture.

- Five girls between 14 and 16 years old were taken to the station after police responded to reports of a loud party on the 1000 block of Pomona Avenue at 3:20 a.m. Feb. 11. The girls' parents were called to take them home.

- A security guard caught two Danville men, 17 and 21, attempting to steal paintings and racetrack memorabilia from a display case in the Turf Club at Golden Gate Fields.

- On Feb. 14 around midnight, a 1983 Honda Accord was broken into the parking lot on Solano Avenue and a briefcase with a \$700 calculator was stolen.

- A Cadillac Seville was stolen from the north parking lot of Golden Gate Fields on Feb. 11, around 6 p.m. On the night of Feb. 14, a 1974 Ford pickup truck was stolen on the 800 block of Cleveland Avenue.

Woman arrested for crossing police line

EL CERRITO — The following are some of the crimes and incidents entered on the El Cerrito police blotter this week.

- Two Richmond women's purses were snatched in front of Carrows Restaurant at 5120 Potrero Ave. Feb. 4 at 7:55 and 8 p.m. One woman, 54, was struck several times during the mugging.

- A 63-year-old Novato woman was robbed at gunpoint at 7 a.m. Feb. 16 while she did her laundry in El Cerrito Plaza. A tall, white male in his mid-20s took \$5 from her wallet and fled on foot toward Albany.

- During the dangerous police standoff with an armed fugitive at the Cerrito Inn Motel Feb. 7, a Richmond woman, 37, tried to

cross the police line. She was arrested and charged with obstructing a police officer.

- A 33-year-old Oakland man was arrested and charged with possession of marijuana and methamphetamine (speed) for sale, after his 1977 Mercury Monarch was stopped for a traffic violation on the 6000 block of Wenk Avenue in Richmond Feb. 14.

- A \$200 leaf blower was stolen from a 1985 Chevrolet pickup truck on the 2600 block of Tassajara Avenue Feb. 10 around 8:30 a.m.

- Between 10:15 p.m. Feb. 4 and 10:30 a.m. Feb. 6, the sliding glass door of China House Restaurant at 10264 San Pablo

Ave. was broken with a small slab of concrete. Meat and beer worth \$434 were stolen.

- The driver of an early Ford LTD shot a 10th grader with a pellet gun in front of El Cerrito High School while she waited for a ride.

- On Feb. 5, police apprehended a Richmond man, 25, who mugged a 25-year-old El Cerrito man on the BART footpath near the 1000 block of San Pablo Avenue. The mugger stole the victim's briefcase.

- Around 3 p.m. Feb. 14, a 17-year-old El Cerrito High School student reported her purse worth \$123 was stolen from under her desk.

- Quality Tune-Up at 10069 San Pablo Ave. reported that a \$150 smog certificate book was stolen on Feb. 14.

- A stereo was stolen from a 1986 Volkswagen Jetta Feb. 5 at 1:43 p.m. on Willow near Richmond Street. Witnesses saw two teenage boys running away.

- Two female employees of Classy Nails, 10158 San Pablo Ave., were robbed by two men totting semi-automatic weapons last week. The gunmen stole \$700 in cash and \$3,100 in jewelry at 6:55 p.m. Feb. 12. One woman's purse was later recovered on I-80 by a Caltrans employee. The suspects are described as thin, Asian, in their mid-20s, and about 5 feet, 8 inches tall. The men spoke Vietnamese during the hold up.

The Journal

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Bay City News

A spokesman for the U.S. Bureau of the Census says the need to be counted in the 1990 Census remains crucial for all residents, but especially for low-income and minority groups who stand to benefit from being included.

Linda Ewing, media coordinator for the Northern California region of the bureau, said participation will directly translate into improved quality of life for the state's residents.

In 1980, between 5 and 6 percent of those not counted belonged to low-income and minority groups. With that in mind, Ewing said census organizers have contacted local community leaders in

an attempt to educate these populations about the importance of being counted.

Ewing noted that the count influences the way U.S. congressional seats are reapportioned and the allocation of \$38 billion in federal funding to states and communities.

Data collected in the census "translates into the real things for people, such as job training, day care programs, schools and roads," she said.

She said people may decline to participate for a variety of reasons including: fear of the government or being deported; lack of knowledge of what the census actually is; not speaking

the language; being homeless simply not wanting anyone to know they exist.

She said all residents should be reassured that being counted is safe, confidential and important.

On March 23, census questionnaires will be mailed to million households across the nation that are on a list taken the bureau years to compile.

Ewing urges all residents to fill out the forms and return them to the bureau by Census Day, April 1.

There will not be another official national count until the 2000.

Albany Chamber

By Fern Luoma

Prizes awarded for Albany Day at the Races

Three Albany businesses have relocated into two sites on Solano Avenue. Robert J's Jewelers moved to 1156 Solano Ave. where Dr. Steven Lowe had his optometrist's office. Dr. Lowe relocated with Dr. Art Longpre to 1248 Solano Ave.

Robert J's has added key making to his jewelry and watch repair business.

There are now two examination rooms in the optometrists' new location. Each wanted to have more free time but now finds he is busier than ever. Dr. Lowe is also the director of the eye clinic for San Francisco State University Student Health Service, which he serves two days a week.

Growing orchids and serving the Albany Lions Club keeps Dr. Longpre busy when he's not working.

Sophie Keith was the winner of a 26-inch color stereo Mitsubishi television donated by Golden Gate Fields at Albany Day at the Races Feb. 3.

Other winners are: Royla Salehi, an 11-by-14 portrait from Nolte Design Photography; Albany Rotary Club won the Fitlab membership; American Legion Post 292, a three-day, two-night stay in Reno; Linda Koenig, Kit and Caboodle's model Southern Pacific Daylight Steam Locomotive; Karen Rosmarin, an A's or Giants starter jacket from Mary and Joe's Sporting Goods; Evelyn Rotramel, \$100 cash from Little



New member Bernie Schatz

Alaska; Gerd Matzen, a \$100 cash from K & S Company; Al Martinez, a \$100 U.S. Savings Bond from Bank of America; Patt Dempster, a \$100 U.S. Savings Bond from Wells Fargo Bank;



Jackie Clark (left) and Pam LaTorre

Mishell Baker, ten \$10 gift certificates from The Nutty Cookie; Jim McCracken, ten \$10 gift certificates from The Royal Cafe; Dick Friedman, a \$100 gift certificate from M.C. Newburn

Books; Second Hand Rose and Ellen Benson, each won a \$50 U.S. Savings Bond from Mechanics Bank; Andy Pangelina and Jo Peat, won a \$50 gift certificate from P.J.'s Western Wear.

New members

Their love of dancing brought Pam LaTorre and Jackie Clark together in their first business venture in retail western clothing — P.J.'s Western Wear.

The partners quit their trained career jobs to purchase Helen's Western Wear last October. Pam was a printed circuit board designer for a telecommunications company where she managed 12 designers and drafters. Jackie trained people to use computers.

"We got into this business (more) from our love of dancing than just for business reasons," Jackie said.

They carry country and western

wear, square dance apparel, dance shoes, jewelry, petticoats and men's western shirts and slacks.

Co-owners of the Foam Creations Sleep Shop on Solano Avenue are Bernie Schatz and Jesse Miller who have been good friends for 15 years. Natives of New York, they were introduced by Bernie's brother and are as close as brothers today.

While keeping their eyes open for a Solano Avenue location, they opened a foam store in Concord which Jesse manages. Bernie manages the Albany store that they purchased in September 1987. Since then, they have enlarged the store adding an additional showroom.

Before going into business, Bernie worked in a furniture and foam store in Berkeley. Jesse taught English in the New York school system and later owned a small service business in this area.

The partners love to do business in Albany. "It is a clean, comfortable and particularly safe. We enjoy seeing family members on the avenue and the Little League parade which looks like Norman Rockwell America," he said. "In New York you never saw this neighborhood feeling."

When not working, Jesse enjoys restaurating, sailing and traveling. Bernie spends his off-time working on ads and buying for the store. He particularly enjoys the beauty of Lake Tahoe, music, gardening and relaxing with good friends.

THE NATURAL GROCERY COMPANY



8th Anniversary Sale

Sale Prices Good From February 16th through February 28th

DAIRY

Peninsula Creamery Milk in Glass Bottles
good old fashion quality and taste you won't believe!
nonfat, lowfat or whole milk

Quarts reg. 79¢ plus deposit..... 66¢
Half Gallons reg. \$1.39 plus deposit..... \$1.19

Brown Cow Yogurt with the cream on the top
all flavors 8 oz. reg. 85¢..... 59¢

SUPER SPECIALS

no case discounts

Deep Sea Dolphin free
Tongol Tuna 6.5 oz. reg. \$1.29..... 99¢

Spectrum Naturals
Canola Mayonaisse lowest in saturated fats
16 fl. oz. reg. \$2.59..... \$1.69

Cascadian Farms organically grown
Sweet Pickle Relish 12 fl. oz. reg. \$2.49..... \$1.69

Preserves Blackberry, Strawberry
17 oz. reg. \$4.19..... \$2.99

Crystal Geyser
Juice Squeeze 72% fruit juice
23.9 fl. oz. reg. \$1.49 tx..... 99¢ tx

Vitasoy 100% cholesterol free
33.8 oz. reg. \$1.89..... \$1.39

MEXICAN FOODS

no case discounts

Mi Rancho Tortillas 10 oz. reg. 39¢..... 29¢

Pace Picante Sauce 16 oz. reg. \$1.99..... \$1.69

Emerald Valley Kitchen organically grown
3 Bean Dip 16 oz. reg. \$2.45..... \$1.89

Garden of Eatin'
Black Bean Tortilla Chips 8 oz. reg. \$2.15..... \$1.69

Sesame Blue Corn Chips 8 oz. reg. \$2.15..... \$1.69

Mexi Snack Organic Nacho Chips
16 oz. reg. \$2.14..... \$1.69

Casa Fiesta Refried Beans 15 oz. reg. 79¢..... 59¢

Health Valley Chilis 15 oz. reg. \$1.49..... 99¢

COSMETICS

Desert Essence 30 % OFF

Jojoba Spirulina Shampoo
16 fl. oz. reg. \$3.95 tx..... \$2.69 tx

Jojoba Aloe Vera Facial Scrub
2 oz. reg. \$3.95 tx..... \$2.69 tx

Jojoba Aloe Vera Facial Mask
2 oz. reg. \$3.95 tx..... \$2.69 tx

Jojoba Aloe Vera Moisture Cream
2 oz. reg. \$3.95 tx..... \$2.69 tx

Jojoba Aloe Vera Hand & Body Lotion
8 oz. reg. \$3.95 tx..... \$2.69 tx

Special Events!



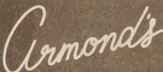
Live Music

Good Ole' Persons
El Cerrito only • Sat Feb 17th, Sat Feb 24th

JoCo the Clown

El Cerrito
Sat Feb 17th
Sat Feb 24th
11 am - 5 pm

Berkeley
Sun Feb 18th
Sun Feb 25th
11 am - 5 pm



NATURAL MEATS

an old fashioned Butcher shop at
El Cerrito Natural Grocery Co.



USDA CHOICE

Harris Ranch Chemical Free Beef

Boneless Chuck Roast..... \$2.69/lb
Cross Rib Roast..... \$2.98/lb
Bottom Round Roast..... \$2.98/lb

Saags No Nitrate Sausages

British Bangers reg. \$3.98 lb..... \$2.98/lb
Italian Sausage reg. \$3.98 lb..... \$2.98/lb
Swiss Bockwurst reg. \$3.98 lb..... \$2.98/lb

Tumbleweed Chemical Free
Whole Chicken also Available at Berkeley
reg. \$1.89/lb..... \$1.39/lb

Armond's Natural Meats • open Monday - Saturday
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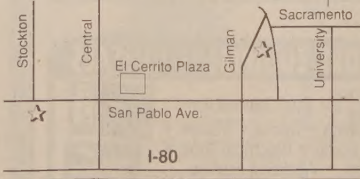


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Obituary

Robert P. Straka

Robert P. Straka of Albany died Jan. 22. He was 90.

A native of Pennsylvania, Straka moved to Albany in 1940. He was a member of the Epworth United Methodist Church; past master of Mt. Hermon Lodge No. 170; a member of El Cerrito-Albany Lodge No. 686; F.&A.M.; a member of Berkeley, Richmond and Oakland lawn bowling clubs; a member of the American Society for Microbiology; and a charter member of the Institute of Technologists.

Memorial services will take place at 2 a.m. Saturday, Feb. 24 at the Sunset View Mortuary Chapel, Colusa and Fairmount avenues, El Cerrito.

Straka is survived by his wife, Ruth Confare Straka of Albany; son, Robert Straka of Lakeport; daughter Susan S. Briggs of Davis; grandchildren Ted, Jeanne Ruth and Williams Briggs and Christopher Straka.

Lyme disease threat high until June

Bay City News

State Health Kenneth Kizer warned recently that the threat of contracting Lyme disease from certain ticks is at its highest from now until June.

If left untreated, patients can develop crippling arthritic symptoms within weeks, and even months after infection, according to experts.

The Department of Health Services has introduced a new program to both combat the western black-legged tick that is causing this bacterial infection and quickly treat those people who are infected. If the disease is detected early on it can be successfully treated with antibiotics.

The department will conduct field surveys of tick populations, increase public education, test for Lyme disease in humans and train health professionals.

The ticks that are spreading Lyme disease in California are common in coastal communities and thrive in cool, moist environments.

"The tick," Kizer said, "can be found in shaded, grassy areas, and tends to congregate along trails and pathways where it is likely to encounter a potential host."

People are urged to wear insect repellent, wear light-colored clothing in areas where ticks may be present so they can be easily seen and to tuck pants into boots or socks, and shirts into pants, while walking on trails or through tall grass.

If ticks are spotted on the skin, the department recommends using only tweezers to remove the pests.

For more information on Lyme disease, contact your local health department.

E.C. cagers end season short of BVAL playoffs

Last victory not enough to compete in championships

By Don August
The Journal

EL CERRITO — The Gauchos stepped on the court last week for their final home game of the 1989-90 season and they knew what had to happen to qualify for the Bay Valley Athletic League playoffs.

First, they needed to beat Ygnacio Valley (which they did); second, they needed either Antioch or Clayton Valley to lose their games (which they didn't). So when all was said and done, the Gauchos found themselves the odd team out of a three-way tie.

To get to that tie, the Gauchos first waged an uphill battle against the Ygnacio Valley Warriors. Both teams were off early and the results showed it on the scoreboard when they stood tied 9-9 after the first quarter.

El Cerrito looked good in quarter No. 2, outscoring the Warriors 25-19 and holding a 34-28 lead at intermission. The Warriors played tough ball in the third quarter to get close, 47-45, going to the final eight minutes. But that's when the Gauchos' offense got rolling.

The teams' battled the whole fourth quarter, with the Gauchos leading it all the way but never more than by seven points. In fact YV was down only 64-63 with three minutes remaining when

senior guard James French took over.

He hit back-to-back 15-foot jump shots to raise the lead to 68-64. The Warriors, in an attempt to get back in it, started fouling El Cerrito. But Juwaan Harrison's free throw gave the Gauchos a 69-64 advantage with just 49 seconds left.

Following a French miss at the free throw line, the Warriors' Mark Dinning converted a fast break lay-up to bring the lead down to three. Then it was Harrison's turn to put the game away when he sank four free throws in the final 20 seconds, sealing the win for El Cerrito in a 74-66 final.

For the Gauchos, French led all scorers, popping for 27 points. Curtis Porter helped with 19; Harrison, 10 points; Coleman and Okechi Nwamuo each had seven points.

The win left the Gauchos' final league record at 8-6. Then they turned to the results of other games. All they wanted to hear was that league leading De La Salle would beat Antioch and the Gauchos would be in. But the news was bad: the Panthers had used overtime to upset the top-rated Spartans. Then, when it was learned that Clayton Valley had beaten Pittsburg, the Gauchos found themselves in a three-way tie for the last two

playoff spots.

Unfortunately when all the coaches meetings were over, Chris Huber found his defending champion Gauchos the odd team out, thus ending their season.

And it ends with an overall 16-10 record. Graduating is James French, who is headed for the University of Washington, and Will Petzel and Okechi Nwamuo.

J.V. basketball

The Gauchos wound up playing the Warriors for third place in their BVAL standings and this game was one that was hard to believe. El Cerrito came back from a 23-point deficit to defeat the Warriors on a last-second jumper by Tony Alvarado to win 76-74. The upset ended a great season led by coach Brian Nichols.

After a close first quarter, the Gauchos played probably their worst quarter in the second. They were outscored 23-8 and were trailing 44-27 by the half.

Once the first two minutes of the third quarter were gone, the Warriors were feeling confident after building a 52-29 advantage. But that's when the Gauchos turned up the heat and applied the pressure — defensive pressure, that is — and the comeback was on.



Coach Chris Huber gave his team a pep talk at the game against Ygnacio Valley

Alvarado led an 11-4 spurt, closing the lead to 56-43. El Cerrito then forced the Warriors into three straight turnovers. At the end of the third, El Cerrito trailed only by 10, 58-48. While the clock ticked down, so did

See EL CERRITO on page 6

Cougars headed for North Coast wrestling

By Don August
The Journal

ALBANY — The Cougar grapplers took center stage during the final week of athletic action. First they defeated Northgate in a duel meet, and then took care of matters with a second-place finish in the league meet.

The Cougars brought their 4-1 league record into the season finale against Northgate. Leading the brigade were the following victorious Cougars, all by pin were: Kian Lavassani, Nep Fong, Aaron Mikkelsen, Jacob Clark, Wolfgang Chincarini, Danny Morales and Yohan Callen won by forfeit.

The final of 54-14 put the Cougars in a second-place standing, finishing 5-1, losing only to Liberty's 6-0 mark.

The Cougars tried for revenge on Liberty in the league meet, but were once again denied, finishing in second place again.

Although they lost, the Cougars will send a host of grapplers on to the North Coast championships.

East wrestler finishing in the top three spots was allowed to move on, and Albany had its share of them.

First, Andy Outis tried for a berth in the championships, but fell short with a fourth-place finish. Emmeil Davis won his final match, and with it a third-place finish. Kian Lavassani continued to dominate his weight class, going 3-0 for the 112-pound championship. At 110, Mehdi Ravan came in third place and Joe Chen just missed out in the 126 division, finishing fourth.

Jacob Clark and Wolfgang Chincarini both dominated their opponents en route to first-place finishes, while Danny Morales' third-place result was also good enough.

Jose Fernandez and Matt Beal both went to the very end before losing their final match, resulting in a fourth-place finish. Finally heavyweight Yohan Callen came in second place and will move on to the next tourney.

Varsity basketball

The Cougars ended their disappointing season with a run and gun 87-75 loss to Richmond on the Oilers' home floor, ending their league record at 4-10, 11-5 overall.

After getting off to a slow start, Albany wasn't able to catch up despite a 29-point fourth quarter. That's because they couldn't hit much of anything early, being gunned down 19-9 in the first quarter of play.

They woke up some in the se-

cond quarter as guard Dwayne Hardy picked up the pace, and the Cougars outscored the Oilers 16-15, to trail by just nine at the half. The high scoring second half proved to benefit the Oilers, since they had the hotter hands.

The Oilers shredded the nets for 53 second-half points. Cougars scored 50, giving Richmond the 12-point margin of victory.

Hardy, in his final game, led Albany with a fine performance of 23 points and seven rebounds. Right behind him were Scott Markham and Josh Reed with 14 points each. Markham also had three steals and four assists, going out of his high school career, with the assist record for a whole season. Fields Nelson added 12 points in a hot shooting performance for Albany.

"I thought we could have done better," said Cougar coach Doug Kagawa. "But a few things went wrong, and we couldn't get the key basket a few times, to put us over the hump."

J.V. basketball

A 29-point blowout victory is a great way to end a season, and the Cougars junior varsity had such an ending last week when they routed the Richmond Oilers 65-36. Led by Mike Epps and Elbert Chang (both with 11 points), the Cougars used a 25-point second

See ALBANY on page 6

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- In the mid-1800's, urban cemeteries were unable to keep up with population growth in Italy, England, Germany and the United States.
- Interest in cremation developed as Scientists and Physicians began to look at cremation as a solution.
- In 1913, the Cremation Association of North America held its first meeting.
- In the year 1990, more than 43.5 percent of California's population will choose cremation.

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Meeting

Continued from front page
 ...as having been carried out
 ...and closed doors" and that
 ...measure would appear on the
 ...under false pretenses."
 ...Connor added that she was
 ...forward to driving to
 ...new mall and going
 ...shopping."
 ...initiative co-author John
 ...of the Citizens for the
 ...Shoreline shot back that
 ...CAS meetings had all been
 ...and that Connor's words
 ...poison."
 ...apparently some people feel
 ...initiative is a threat to any
 ...of development," Shively
 ...after the meeting, which he
 ...as "an unpredicted free

for all."
 Sanchez later repeated her
 objection to Bates' agenda, which
 she said was "to bring in three
 people to tell us what to think."
 Bates has not taken an official
 position on the initiative.
 More than 3,000 Albany
 residents signed petitions to put
 the initiative on the ballot. The
 city is evaluating the document
 and the county verifying the
 signatures.

It has drawn some fire since the
 signatures were submitted to the
 City Council three weeks ago.
 Detractors charge that the
 pro-initiative forces are trying to
 circumvent the city's planning
 process, and the CAS has been

receiving help from organizations
 outside Albany, notably the
 Citizens for an Eastshore State
 Park and the Sierra Club.

In a letter sent to some Albany
 residents before the meeting,
 Santa Fe Director of
 Development Bert Bangsberg
 claims that the "planning process
 is being taken away" the city, and
 that the initiative will "create
 endless delays and lawsuits."

Councilmember Ed McManus
 urged interested citizens to attend
 the numerous meetings,
 workshops and hearings called
 for in the council's proposed
 16-step waterfront approval
 process.



Charles Pagter was one of the informal speakers at Bates' meeting

Journal — David Reed

Hall

Continued from front page
 ...told Supervisors Tom
 ...and Robert Schroder,
 ...make up the board's finance
 ...committee.
 ...Clarkson and Schroder asked
 ...Administrator Phil Bat-
 ...to meet with County Pro-
 ...Officer Gerald Buck, who
 ...manages Juvenile Hall opera-
 ...to discuss immediate mea-
 ...to address the problem.
 ...Buck, who is also a member of

the Juvenile Justice Commission,
 joined with Russell in making the
 report to the finance committee.

Buck said the hall now holds
 140 youths with about a one-to-10
 ratio of counselors to inmates.
 Russell said since the Nov. 1
 closure of the county's Boys'
 Treatment Center, the disturbed
 young offenders who used to be
 confined there have been mixed in
 with the general population at Ju-
 venile Hall.

The county had operated the
 treatment center as an alternative
 to sending hard-core juvenile
 offenders to the California Youth
 Authority, but eliminated funds
 for it this summer due to a county
 budget crunch.

Russell said the hall is also ex-
 tremely overcrowded.
 "A 68-square-foot cell built for
 two boys 40 years ago" now
 houses three or four boys, Russell
 said.

"The hall is falling apart
 physically," Russell said, but
 ongoing construction work to
 repair the building only adds to
 the "complications and chaos."

Russell said she believes that
 the increase in violence at Juve-
 nile Hall may also be related to a
 rash of drive-by shootings in
 Richmond in mid-January. Some
 of the kids involved in the recent
 violent incidents at the hall are
 friends or relatives of the victims
 or perpetrators of those
 shootings, she said.

The shootings have contributed
 to an atmosphere of anxiety
 among boys who are "bent on

violence and survival of the fit-
 test," Russell said she recom-
 mended as an emergency measure
 that the county open an unfunded
 20-bed unit at Juvenile Hall, in-
 crease staff levels, and provide ex-
 tensive training and retraining to
 the staff.

Case loads for probation offi-
 cers, who now supervise up to 80
 kids at a time, should also be
 reduced, she said.

In the long term, the Boys'
 Treatment Center should be
 reopened, she said.

Providing more mental health
 treatment and follow-up care for
 the troubled young would be even
 more cost-effective than increas-
 ing jail capacity, she said.

Russell began monitoring the
 "incident reports" at Juvenile
 Hall after the outbreak of
 violence there over the Martin
 Luther King Jr. weekend.

Buck said the more serious
 reported incidents have been re-
 ferred to the Martinez police for
 investigation, and some of the
 perpetrators will probably be
 prosecuted.

Spenger's

Continued from front page

Gonzalez also faces a special
 circumstances murder charge of
 lying in wait. If he's convicted on
 that charge, he could be sentenced
 to life in prison without the
 possibility of parole.

Perez faces a sentence of 25
 years to life in prison if he's
 convicted of first-degree murder.

The prosecution claims
 O'Connor was stabbed by
 Gonzalez and 23-year-old
 Rudolfo Hernandez, who is
 thought to have fled to his native
 El Salvador after the incident.

Perez was allegedly hiding in a
 nearby storage barn with two
 other accomplices who were given
 immunity from prosecution in
 return for their testimony against
 Gonzalez and Perez.

Peter Bedrosian, the general
 manager at Spenger's at the time
 of the stabbing, testified that
 Gonzalez was forced to resign
 because he was suspected of
 participating in "a mass thievery
 situation that was beyond belief."

Bedrosian said Gonzalez was
 angry after he was forced to

resign.

O'Connor's widow, Joyce
 O'Connor, testified that her
 husband had a strict routine on
 his work days, rising at 4 a.m.,
 leaving their Albany home at 4:55
 and arriving at Spenger's at 5
 a.m. to open up.

O'Connor testified that her
 husband had a confrontation with
 Gonzalez at Spenger's about a
 week after Gonzalez resigned.

She said that as they were
 dining at the restaurant after his
 working hours, her husband was
 summoned to the kitchen.

O'Connor said when her
 husband returned 15 minutes
 later, "He was very excited,
 tense, out of breath. His face was
 red and he was physically
 shaking."

She testified that her husband
 said, "He took care of Sergio
 (Gonzalez)."

O'Connor was not allowed to
 elaborate because Gonzalez's
 attorney, Alex Selvin, objected
 that any testimony about what
 her husband said about the
 incident would be hearsay.

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Computers

Continued from front page
long list of programs including an elementary school music program and science class, two middle school foreign language classes, a seventh- and eighth-grade Exploratory Program, six high school science classes, three business classes, three industrial arts classes, more athletic programs and a new librarian.

THE MIDDLE schoolers huddle around the dozen or so machines, anxious to bid the old clunkers farewell. Today the class was supposed to get the new Apples but the technician was late so the long-awaited day is postponed until tomorrow.

Gibbering about Saturday's Mike Tyson bout and looking a bit bored, the kids reluctantly tap out answers to the old typing programs completed many times before. The 25 new Apples, plus the school's new computer teacher, have cost the district \$30,000, but according to Assistant Superintendent Jon Frank, the investment is priceless.

"With the age we're living

in, it is essential that kids are prepared for the computerized world... that's it in a nutshell," he said. "Computers are an incredibly motivating education tool. This is a big step for us and we're off and running."

JERRY MOLLER'S high school students are busy working on a pre-programmed business letter on one of 30 new IBMs. The letter regards balloon flight reservations. The screen flashes: "Your balloon is 'Cloudhopper'... it looks like we can increase our passenger count by adding more balloons, tripling our profits!"

The philosophy of most teachers and staff is by adding these new computers, the prospects of a profitable future for Albany's kids will also be tripled. With nearly all employment opportunities demanding some sort of computer knowledge today, the students will have the training and experience needed to take on the awaiting job world.

But unlike the computers at



Moller's class uses advanced IBMs

Journal — Mark Koehler

the middle school, these IBMs are much more advanced and only partially funded (only \$44,000 comes from the special tax). The additional \$22,000 needed to purchase this equipment comes from Albany Adult School tuition fees.

"This is the kind of stuff you can't just learn out of a book," said Moller, who transferred from MacGregor just two weeks ago to teach computer literacy and word processing at the high school. With the "user friendly"

IBMs and their high-tech color monitors, kids seem less intimidated and more motivated toward the new subject matter than ever before, Moller said.

And with the IBMs replacing typewriters for use in typing classes, students are learning keyboard skills faster and at a more advanced level.

"THE PEOPLE WHO write these things are not all geniuses," Adult School teacher Geoff Cantrell calmly

reassures the room of anxiety-ridden adults who, on their first night of computer class, are staring at their screens with fear and awe. The same classroom that just a few hours ago was hopping with the excitement of enthusiastic teenagers now sinks with silent confusion.

Instead of belting out a holler and raising a hand when problems arise, these adults nervously stare at the screen for a good few minutes, hoping that maybe the beast will fix itself before they are forced to ask for the teacher's help.

The Albany Adult School spring semester runs March 26 to June 8, offering computer courses ranging from Wordperfect to DataBase III Plus and Lotus. The purpose of the classes is to introduce adults to the features of home computers, providing experience in both business and personal applications, basic word processing, composition skills and communication abilities.

"I want to start using my family's computer instead of just paying for it," says a Kensington woman, who complains that her \$2,000 IBM is monopolized by her son's video game addiction.

John Dutton, a 41-year-old Caltrans worker from El Cerrito, explains that his son is about to acquire a number of new IBMs. Bob Nelson, 47, Berkeley, has just quit his job and is hoping that the skills learned here will improve his odds in getting a better one. After an hour into the instruction, Cantrell distributes game disks to the class. As they insert the squares of plastic into their machines and the electronic melodies of "Wheel of Fortune" and "Jeopardy!" begin to sound through the room, the adults' discomfort slowly melts.

"My kid's a champ at one," says the Kensington woman as she struggles to manipulate the controls on a maze program. One can't be but be amused at what kids might say if they could only a glimpse of what their parents were learning at computer class: "Donkey Kong" and "Family Feud."

"All of these games could very well be addicting if you get used to them," warns Cantrell as he shows a student how to cheat at one of the games. "But do remember," he said, laughing, "they are learning experiences."

El Cerrito

Continued from page 4

the Warriors' lead. With 1:42 remaining, Ygnacio Valley was ahead only 73-70. Moments later, following an Alvarado steal and layup, that lead was cut to 74-72.

Then it was Don Barge's turn for the dramatics. He hit a baseline jumper to tie the score at 74-74. The Gauchos' defense forced a Warrior miss, and when Will Gasper pulled down the loose ball, the stage was set for El Cerrito.

With 10 seconds left, Barge pushed the ball up the floor and fed it to Alvarado, who calmly canned a 10-footer. Time ran out, sending the Gauchos to victory and a 15-9 record.

Freshman basketball

The Gaucha freshmen ended their season in tough luck style last week when they suffered a pair of losses at home. First they were beaten by De La Salle 51-27, and later Ygnacio Valley slipped by them in a 42-38 thriller.

Dirk Lacy had 10 points and Kwanza Griggs added five in their opening loss to De La Salle.

Albany

Continued from page 4

quarter to put the game away, leading 41-16 at the intermission.

From there, the Cougars went on to outscore the Oilers 24-20 in the second half and eased to the ESAL win.

Also turning in good performances were Danny Coeh with 10 points, Nick Paget with nine, and Elbert Chang, who had eight steals and four assists to go with his 11 points. Ying Bo-Chen added six steals and two assists for the Cougars.

The win left Albany with an overall record of 13-9, which is exactly the reversal of last year's 9-13 record. Their mark of 8-6 in East Shore Athletic League play put them in second place in their division.

"It was a good team effort and a nice way to end the season," said coach Don Etchegorry. "They couldn't keep up with our man-to-man full court pressure, and committed 33 turnovers. That's why we were able to score so much."

Women's basketball

Kim Roundtree poured in 16 points to lead the Cougars in their final ESAL contest against Kennedy. Unfortunately it wasn't enough when the Eagles used a monster second quarter to beat the Cougars 49-29.

The Cougars were hanging tough until that quarter, when the Eagles outscored them 20-8, and then held Albany to two points in the fourth quarter. The Cougars couldn't overcome the deficit, and missed out on the playoffs by one game.

"We improved a lot over last year, and the girls have good chance going into next year," said coach Yvonne Arnold.

The Cougars finished third in the division with a 4-8 record. Also missing from the Cougars attack in their season finale was the 20.8 average of Tammy Holmes. Holmes, who could not attend the game, is a probable all-league selection.

The Gauchos' scoring wasn't there that night: they made just seven points in the first quarter and were held to nine points in the entire second half, culminating in the 24-point loss.

They quickly tried to get that game out of their minds, however, when they took on the Warriors in a match that was much closer than the one before.

The Warriors ran off to an early lead of 17-7, but El Cerrito used the second and third quarters to get back in the game. Their defense held the Warriors to just three second-quarter points while the offense was

scoring seven, cutting the lead at the half.

In the third quarter, the Gauchos used more pressure to give them the lead, outscoring their opponents 15-10, heading to the fourth. But like the first, this one would go to the Warriors 17-7, thus ending the contest in a 42-38 final.

Kwanza Griggs and Dirk Lacy again led the way, each scoring 10 points, while Jerry Nunez chipped in with eight. Griggs and Lacy also won the board battle, grabbing seven and six respectively. The Gauchos' final league record stands at 3-12.

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Arts and Entertainment

Stella' still simple, shallow melodrama

Kenata Polt
and to The Journal

Why, I kept asking myself, did anyone want to resurrect a Depression-era melodrama and to update it for the '90s? There must, after all, be

Film

Thousands of first-rate new scripts are around just waiting to be made into first-rate movies.

It breaks my heart, and that's more than you can say for *Stella*, unabashed would-be tear-jerker starring Bette Midler.

I'll give the filmmakers, director John Erman and writer Robert Getchell, this much: They "modernize" the story, based on the 1937 Barbara Stanwyck movie, *Stella Dallas* (which was based on a 1925 silent; all of them derived from a novel by Eve Higgins Prouty).

Stella, unlike her predecessors, is a single working mother (the other ones married upper-crust lovers). So much modernity. The movie's heart will firmly be planted in the '30s. The story is based on a realistic view of the struggle between the haves and the have-nots, or, more accurately, the rich and the uncouth.

Its heroine, Stella Clair (Midler), is a barmaid in a working class saloon owned by her buddy, Ed (John Goodman). Stella is lusty and uninhibited, and her language is strategically sprinkled with "I sees" and "he don'ts."

Why "fancy kidney doctor" Stephen Dallas (Stephen Collins) is suddenly smitten with her is one of those mysteries of the movies.

Within five minutes of the film's opening, our heroine is pregnant (in another one of those mysteries of the movies, Stella, who "never thought about having kids," falls instantly in love with her little bundle of joy).

Within another five minutes, her baby, Jenny, has grown up into a lovely teenager (Trini Alvarado) with ambitions of becoming an architect. And lest we ever forget, Jenny is shown constantly occupied constructing perfect little models of perfect little houses.

Don't imagine for a moment, though, that Stephen, who by now has moved from grimy upstate New York to Manhattan, has forgotten his offspring. Among the things that distinguishes *Stella* is its idealized view of almost everybody — including fancy kidney doctors.

Stephen is not only gorgeous and rich, he's also a perfect daddy — a comic strip-type character



Bette Midler perfects bad grammar for her role as a single mother and barmaid

with all the dimension of a subway token.

He brings gifts to little Jenny, takes her out on weekends, and knows that the magic solution to all life's problems is a big hug. (Another thing that distinguishes *Stella* is how easily all the characters' problems are solved: A food fight, for instance, breaks the hostility between Jenny and Ed, whom she disapproves of. How come you never see anyone cleaning up after these food fights?)

Stella contains only two "bad" characters, and neither one is upper-class. The first is a middle-class school board member (Eileen Brennan), who has it in

for Stella for being a lower-class single mom and therefore makes it a point to ruin Jenny's Sweet Sixteen party, a disaster which Stella and Jenny deal with by hugging and smiling through.

The other baddie is Jim (Ben Stiller), Jenny's first boyfriend, whom we can immediately identify as a low-life by his cigarette and sleeveless black T-shirt.

By contrast, Jenny's second boyfriend, Pat Robbins (William McNamara), is a noble rich boy who, though he could study law or medicine, chooses to become a teacher. It's in order to get Jenny away from bad news Jim and fix her up securely with saintly Pat that Stella makes her ultimate

sacrifice.

I'll admit that *Stella* isn't a total downer. It has its moments, such as every scene with John Goodman — especially one in which he shows up bearing a bottle and a raw turkey.

It's not surprising that Goodman can hold his own against Midler; what's impressive is that a relative newcomer like Trini Alvarado can do the same.

The set decoration and costumes are amusing too, though subtlety, as in the rest of the movie, is never a factor. When Stella takes Jenny to the fancy Boca Raton Beach Club to let her mingle with Pat's set, Midler's get-up is a cross between

Minnie Mouse and Carmen Miranda, and it's a hoot.

But underlying both the fun-and-games and the pathos of *Stella* is the message — a holdover from an earlier age — that women must pay.

Stella and Stephen have an illegitimate child. Stephen goes on to fame, wealth, and the love of a good woman, rich, great-hearted Janice (Marsha Mason, in full unctuousness).

But Stella, in a scene as phony and transparent as a dime-store diamond, "gives up" her daughter so that Jenny can have the "better things" that only Stephen can provide.

It's enough to make you barf.

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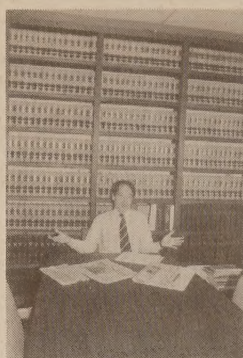
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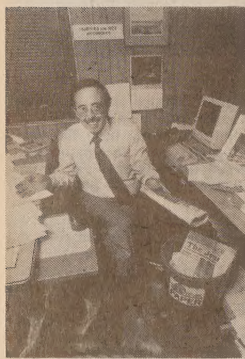
Peter Tunney, Golden Gate Fields



Robert Cheasty, lawyer



Ed McManus, councilman



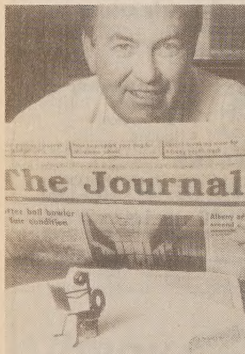
Joel Witherell, city services director



Jean Siri, councilwoman



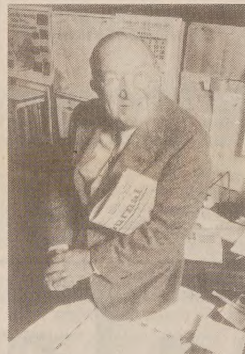
Dale Power, Nation's co-owner



J. Dale Hudson, superintendent



Steven Salomon, city administrator



Del Wisenor, chamber of commerce



Pete Barazza, Fire Chief



Larry Murdo, Police Chief



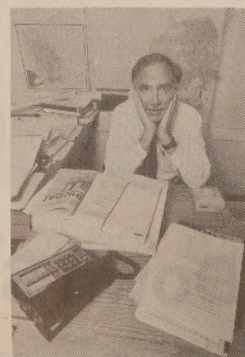
Evan Flavell, entrepreneur



Thelma Rubin, councilwoman



Kathleen Ray, play director



DeWayne Guyer, planning director

Look who's between our pages

News on local
people, issues
and events you
won't find
anywhere else

The Journal



Albert in his El Cerrito home; in back of him is a frieze depicting Icarus

Journal — Mark Koehler

By April Lynch
The Journal

Sculptor Alan Albert points to a large frieze that looks like it came from the marble hall of an ancient Grecian temple. The frieze, mounted on a wall, depicts a warrior and chariot racing into battle, and its white surface bears the pits and scars of age.

"Go ahead, knock on it," Albert says, smiling. His visitor is afraid to get close to the frieze, let alone touch it — one move might loosen such an apparently heavy piece of work from its mountings and send it crashing to the ground. But at Albert's insistence, she raps tentatively at one of the chariot's wheels.

Tap tap. Instead of the cold rind of heavy stone, the knocking produces a small hollow echo.

The frieze may have the look, luster and smoothness of ancient marble but it's from the 20th century, made from plastic resin, and is as light and hollow as fiberboard. Its

"aging" came not from the ravages of time, but from a sandblaster.

For more than 40 years, Albert has been taking plastic, a material normally considered "throwaway," and using it to form subtle and distinctive works ranging from friezes and small sculptures to tapestries and furniture.

Design and art reviews have called him a "pioneer" in the use of synthetics and resins, and his work graces private homes, offices, casinos — even the apartment of real estate tycoon Donald Trump.

"I think people are afraid the critics will look at resin, fiberglass, plastic ... and say it doesn't have the sophistication of wood, glass or ceramic," said the 62-year-old artist, who lives in the hills at the El Cerrito-Richmond border.

He moved to the Bay Area from his native Louisiana in 1948 and has been working to demonstrate plastic resin's artistic potential ever since.

It's hard to believe that the many beautiful objects

PLASTIC FOR ART'S SAKE

Artist Alan Albert makes classic sculpture from modern synthetics

adorning his home are made from synthetic material. Several smaller sculptures glow with finishes that resemble burnished metal or kiln-fired ceramics.

Two translucent, intricately-detailed fish seem to have been carved from quartz. They sit on a table that might have been hewed from a slab of

onyx. More friezes hang on the walls, and goldfish swim in a basin that looks like aging bronze.

Albert makes these varied pieces by first sculpting a model in clay, making a silicon mold, and filling the mold with liquid resin. He achieves many of his "faux finish" looks by mixing the resin with powdered stone or metal, making the plastic look like anything from marble to copper or jade.

"I was asked to duplicate a tortoise shell once. It was quite a challenge," said Albert, who made the colorful, mottled shells for a Marin County restaurant.

The owner did not want to use real shells from the endangered animal, but according to Albert, the

duplicates worked a little too well. "The owner had a problem at the beginning with clients coming in and really objecting to using real turtles."

After drawing sketches for his four sisters while growing up in a Louisiana orphanage and outlining tattoos for friends in the Navy, Albert came to San Francisco and enrolled in The Art Institute, a fine arts school then specializing in abstract expressionism.

He dropped out after one semester — "I wasn't ready for it" — and got a job making toilet bowls for American Standard.

The American Standard plant's closing about 15 years ago was "the best thing that ever happened to me," Albert said. He decided to try making full-time work out of the art he'd been practicing as a hobby all along.

After getting a start at small local galleries, Albert sold a 26-foot-long tapestry to Harrah's casino. "That let me know that maybe I could make a living at this."

Other casinos picked up his work, including the Trump-owned casino on the East Coast, before Trump's architect called on Albert to help in the renovation of the tycoon's personal apartment.

According to Albert, Trump had complained because guests in his home were commenting on the view more than the interior decoration, and

Trump wanted something people would "really notice."

While he has seen his own pieces after they were overlaid with gold leaf ("not gaudy, just beautiful," he said), Albert has never met Trump or even seen a photo of the entire apartment. "They never gave me the invitation."

Albert says Trump and other big buyers first balked at purchasing plastic art, but changed their minds after seeing samples of his work.

"I think it bothered (Trump) when he found out the material was resin," he said. Albert showed his work to several Trump representatives before receiving approval. "But then he saw the results, and it was fine."

Such fickleness may be common among commissioners of artwork, but Albert says the respect big buyers give artists outweighs their indecisiveness or the demands to see sample mold after sample mold.

"I guess they see us as temperamental, and they treat us with kid gloves," he said. "Once they approve of you it's hard to go wrong."

With his relaxed, soft-spoken voice, unassuming manner and detailed, subtle artwork, Albert does not project the flashy image of a commercial artist. He once shared a studio in Sacramento with other artists, but now he sticks to smaller pieces he can do alone and works mostly out of a studio in his garage.

Though relatively few artists share Albert's interest in working with resins, interest in the medium is growing. One design review surveyed samples of furniture done in resin, describing Albert's and others' work as part of a "furniture as art" revival.

According to Albert, the potential toxic danger of plastics work along with the relatively low cost of the material, scares off some artists.

"This work will be more valued when it starts getting expensive," he said. "When that happens, it will become collectible."

Unlike artists who shun the commercial market, Albert enjoys doing corporate commissions. He tried the "fine arts-museum route," and has found that rather than forcing him to "sell out," doing commercial work has allowed him to please other people and support himself through the work he loves.

"There is a pleasure you get when you see the client smile," he said, as a small, marble-white rabbit sculpture peers out from under his chair and a green armadillo lies curled up on the table next to him.

"I think I really get off more pleasing a person, and (my work) has always turned out better that way."



Journal — Mark Koehler



Journal — Mark Koehler

A graceful seal

This unicorn, now in Albert's back yard, was originally a horse designed for Donald Trump's living room

Waterfront

Continued from front page
governments from discouraging that kind of development. The initiative could also require a public vote on small zoning changes, Zweben said. "You may find yourself voting and revoting to a point where you may stultify or otherwise frustrate or make very difficult the approval process," Zweben said.

Much of the City Council's criticism of the initiative has focused on the potential legal threat to the city. Several council members have said the initiative could violate Santa Fe Pacific Realty Corp.'s constitutional rights of equal protection and due process because other landowners in the city are not forced to seek public approval for development plans. "Any attack would probably

not be successful in a court right now," Zweben said. The site, which is the only land in Albany west of Interstate 880, is unique and the city can treat it differently from other property, he said. If the initiative passes, Zweben said the city should inform voters of state affordable housing legislation. The law is relatively new, Zweben said, and Albany could end up being a test case in the courts.

Planning and Zoning Commissioner Ann Berry and Councilmembers Thelma Rubin and Ed McManus are part of a council subcommittee examining the citizens initiative and working on a possible counter measure to compete against it on the June ballot. Waterfront Committee chairperson and City Council candidate Elizabeth Baker resigned from the subcommittee last week.

Funding

Continued from front page
review, the Police Department asked the City Council to hire a full-time resource officer to take over Koehne's time-consuming responsibilities at the schools. "With everything I'm assigned to now, I can't continue counseling and advising and structuring programs for children on the edge," Koehne said. If the resource officer is not hired, the special services to the schools will stop.

In a staff report, Police Chief Larry Murdo told the City Council that Koehne has turned around the lives of several troubled youths. For example, one boy with a drug problem had been "written off" by the school authorities before Koehne took the case, according to Murdo. "Sergeant Koehne took personal supervision of this youth, worked and counseled him on numerous occasions, enforced consistent drug testing with him and the youth is now a productive student at Albany High School to the delight and surprise of school officials," he wrote. "It is absolutely certain that the services to the juveniles and their parents, as well as the time-consuming efforts at our Albany Schools, are too much for (one) person and will be ending very, very soon," Murdo added. It is unlikely that the council will approved the request for ad-

ditional staff, however, did not appear personally council members when discussed the mid-year Tuesday. The City Council accepted City Administrator Salomon's recommendation consider the request again at end budget review in June.

"Unless there is some seen change in the city's situation, it will be my mendment that the council consider these positions regardless of merit, unless revenue source is established," Salomon said.

Sales tax revenues were less than \$100,000 less than previous year and although property revenues continue to climb, city revenues at mid year down \$40,000.

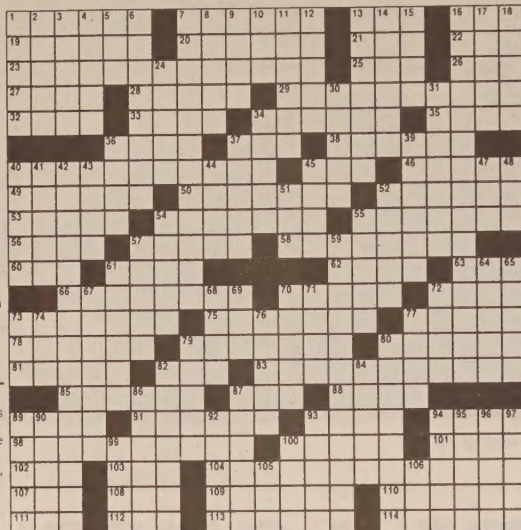
Salomon urged the council continue its policy of adding positions only if "there are savings or efficiencies to be accomplished by the position/change or if a specific revenue source is identified." In addition, schools resource officer, asked the council to hire a full time patrol officer as office clerks but he did not get how these positions are funded. "You can't put a tag on turning a kid into a Murdo said.

New York Times Puzzle

A -

BY DONALD V. LEE II/Puzzles Edited by Eugene T. Maleska

- ACROSS
1 Medicinal root bark or S.C. mountain
7 While on the contrary
13 Final
16 Music-industry acronym
19 Circus swing
20 Spanish city
21 Crumbly soil
22 Poi source
23 Hemingway title
25 Harden by heat
26 Harvest
27 Arrow poison
28 Eagles' nests
29 Of a religious festival
32 Basketball player
33 Pay attention
34 Settle by intervention
35 It comes in reams
36 South Pacific island group
37 Goneril's father
38 Level
40 Water from steam, e.g.
45 — de foie gras
46 Musical instruments
49 Diversion
50 Unexceptional
52 Former Raider QB
53 Liquid vessels
54 Small flasks
55 Thieves
56 Tolstoy et al.
57 — High Command of W.W. II
58 Greeted
60 Sicilian volcano
61 Sailor
62 Hurdy-gurdies
63 Brewer's yeast
66 Streetside pillars
70 Dried orchid tubers
72 Parsonage
73 Unfortunate event
75 Type of lock or wheel
77 Thomas and Robert
78 Roll anew
79 Worker along the Thames
80 Flower parts
81 Dexterous
82 Spurious wing of a bird
83 Indulgent, in a way
85 Receives with approval
87 River islets
88 Couples
89 Small point of land
91 Feel indignant
93 Elaborate meal
94 Tasteless or uncultured
98 Restaurant order for two
100 Threaten
101 Bristollike parts
102 French king
103 "Cavalleria" (tempest)
104 Cameraman
107 Early Christian pulpit
108 Carpentry need
109 Wrought-iron grating
110 Resident of Haifa
111 Former Boston ace
112 City in Nev.
113 Landed properties
114 Discipline
DOWN
1 Radio interference
2 East Indian garment
3 Algerian cavalry soldier
4 Pyrexia
5 Demolish
6 Brightly colored polyp
7 Capital residents
8 Lifted with effort
9 Projecting rims
10 Shower
11 Lover on the run
12 Scheduled
13 Fortify
14 Budgerigar
15 Of the small intestines
16 Key work
17 Establish
18 Abele or aspen
24 Empties
30 Stylish; smart; slang
31 Fit to be surgically treated
34 Bad guy
36 Harnessed oxen
37 Weighted
39 Primitive family symbols
40 Qualified
41 Caucasian inhabitant
42 Part of N.A.A.C.P.
43 Ross and Rigg
44 Incensed
45 Solve grammatically
47 Close by
48 Ladies of Spain; Abbr.
51 Compass dir.
52 Brown ermines
54 Loud and continued noise
55 Range of view
57 Salmon or frog, e.g.
59 Household gods
61 Rove; ramble
64 Munitions depot
65 Untidy
67 Chew
68 Dravidian language
69 Former U.K. coin
70 Blaze and Brenda
71 Delineate
72 Marceau forte
73 Yugoslav town
74 Noun-forming suffix
76 Yacht race
77 Trails
79 Muscovite's land
80 Advantageous
82 Sideways
84 Complete failure
86 Precook
87 Late Hindu leader and namesakes
89 Beats it
90 Irrational fear
92 Confine at the zoo
93 Due or owe
94 Weinberger et al.
95 Put back on the burner
96 Engraved pillars
97 European songbird
99 Armbones
100 Dissolve
105 Bryant or Loos
106 Hasty; reckless



Puzzle answer on page 18

Calendar

East Bay Home Economists in Homemaking will meet Feb. 28 at 7:30 p.m. at the home of Emeline Paulson of El Cerrito.

Shirley Palmer of the Richmond schools will present a program on health education. For information call 841-3213.

YLI No. 59 Mother of Perpetual Help will hold a spring lunch and fashion show Feb. 24 at 12:15 p.m. at the Cerrito City Club in El Cerrito.

Tickets are \$15. There will be door prizes and a raffle. For reservations call 526-9742 or 526-7174.

Albany-El Cerrito Kiwanis Club sponsors a Flash Back to the Fifties dinner dance Feb. 24 beginning at

5:30 p.m. at the Eagles Hall, El Cerrito.

Music is by the Contrabasso. Proceeds will benefit the club's ship fund. For tickets, \$10 each, call Jim Rose 526-1562.

State tear gas (Mace) license training class will be held from 9 to 11 a.m. at the Albany Hall. Fees are \$17 for the course \$6 for the license.

To enroll call 526-1562.

Compline, an English service, with music of Tallis will held Sunday evenings during university term at 9:30 p.m. at Joseph of Arimathea Church, Berkeley. Admission is free.

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RESTAURANT GUIDE

ADVERTISING SUPPLEMENT

East Bay Dining

By Michael S. Holmes

THAI THAI

Entering into Thai Thai on San Pablo Avenue in Albany is indeed entering a different world. The pale peach and dusty rose colored walls are decorated with thatched bamboo overhangs and traditional Thai music create a setting of calmness and beauty not unlike the cuisine prepared by chef Ongarj Klengkankian.

This exciting new restaurant is serving more than 70 different traditional dishes. My lunch required no passport but I was in Thailand. The calamari salad marinated in lemon juice, onion, shallot, chili and lemon grass was refreshing and tart. The squid was very fresh and the texture perfect, the hint of mint and lemon grass changed the taste and taste of the dish to a pleasant first time experience.

Also not to be missed is the Thai Thai sausage made fresh at the restaurant by owner Pat Tun Yong. It is served with ginger and fresh cilantro to complement the traditional flavor.

As is the custom in this country you can order your meal to a desired level of spiciness and to truly enjoy Thai cuisine you must be adventurous.

Thai Thai is located at 1045 San Pablo Avenue in Albany and serving lunch Monday through Friday 11 a.m. to 2:30 p.m., Dinner Monday through Sunday 4:30 p.m. to 10 p.m. The restaurant has ample free parking and a full bar for additional information and reservations call 526-SIAM.

LE CHEVAL

As you enter Le Cheval the quiet classical music and cloud painted walls are in contrast to the outside world. Within moments Minh and his family make everyone who comes through the door feel a part of that family.

Vietnamese cuisine is the blending of French and Chinese cooking concepts, at Le Cheval it is an art. Firepot soup and shredded pork is served with 'nuoc mam', a delicious fish sauce used in many dishes, starts the lunch with nuances of taste that great restaurants strive to achieve.

The luncheon specials served with the soup of the day and your choice of rice include: Beef in Orange Flavor, pan fried with orange and hot peppers; Grilled Pork Chops with Lemon Grass; and a Singapore stir fried beef dish with vegetables.

Seafood entrees not to be missed are Lemon Grass Squid with hot peppers, Clams in Oyster Sauce, and shark in coconut milk with okra, eggplant and curry.

These are just a few of the dishes in the seven page menu, be prepared to enjoy many more. Also be prepared to order from more than 60 imported and micro-brewery beers from around the world.

Le Cheval has two location in the East Bay. At the Kaiser Center at 44 20th Street, serving lunch Monday through Friday 11 a.m. to 3 p.m. and dinner 5 p.m. to 8 p.m. closed Saturday and Sunday the phone number is 763-3610. Le Cheval is also located at 1414 Jefferson Street at City Center and open all day 11 a.m. to 10 p.m. and Sunday 4 p.m. to 10 p.m. the phone number is 763-8495.

VOLGA - RUSSIAN CUISINE

This classic Russian cuisine restaurant has recently been renovated with an eye toward elegance and comfort. The spacious dining room now seats up 125 patrons at candle lit tables.

Traditional Russian recipes fill the menu with selections that include: blended Ukrainian borsch served with sour cream and a sprinkle of oil; beef, chicken or spinach pierzhki filled with cheese and vegetables; and a choice of eight salads.

Dinner entrees of beef or chicken stroganoff are served with cracked wheat pilaf and fresh vegetables. Salmon kuliabiaka with mushrooms, brown rice and herbs is served in a flaky buttery pastry as is the beef stroganoff with its onion season and brown rice.

There are also selections that are strictly vegetarian including an eggplant and tomato sauce moussaka; a Manchurian tofu shashlyk; and a salad to be missed mushroom stroganoff, flambéed with brandy sautéed onions in a rich sour cream sauce.

Volga Russian Cuisine is located at 2128 Oxford Street in Berkeley and open for lunch seven days a week from 11 a.m. to 3 p.m. and dinner is served Sunday through Thursday 5 p.m. to 9:30 p.m., Friday and Saturday 5 p.m. to 10 p.m. for reservations please call 843-3323.



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- 2 MARCH 30, 1990; entry deadline
- 3 Prizes Awarded APRIL 15
- 4 All entries become property of Mama's Royal Cafe
- 5 DECISION OF JUDGES FINAL
- 6 Limit five entries per person
- 7 Each entry must be submitted in an appropriately sized envelope

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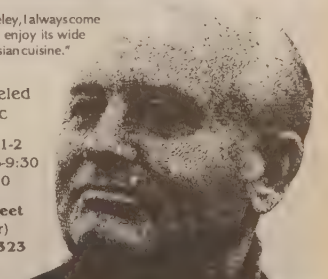
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Woman forms network for environmentally sensitive people

By Linda Whitfield
Special to The Journal

Susan del Solar's past was once shrouded in a mystery as inscrutable as the summer fog that hid for centuries the existence of an entrance to San Francisco Bay. For 30 years, her medical mystery baffled and frustrated a legion of doctors, most of whom finally faced a day when they reached into their medical bag of tricks and came up empty-handed.

Little did del Solar know that the decoding of her enigmatic illness would affect her future and catapult her into the spotlight as an internationally-recognized spokesperson for the immunologically dysfunctional.

Besides a chronic and debilitating morning fatigue, the most frequent symptoms del Solar experienced included classic allergy symptoms that had become progressively more severe and unresponsive to treatment, depression and other mood disturbances, and short-term memory loss.

There were also inexplicable fluctuations in her body weight including rapid gains and losses of as much as 15 pounds at a time with no measurable change in eating or exercise patterns. Her only child also developed similar medical problems.

Though she was convinced that she had a physical problem, del Solar's periodic medical mystery tours often left her stranded on a psychiatrist's couch with no discernible improvement in her health and a lot less cash in her bank account.

"When you're not getting better and the doctor doesn't know what else to do, he or she is not terribly pleased with you because you're not going to be one of their success stories," she said. "And doctors like to be successful."

Del Solar, a long-time Oakland resident, is the founder and president of Environmental Health Network, a Bay Area-based organization that provides support services for people with environmentally induced or aggravated hypersensitivities and immune disorders.

She is also managing editor of *The Reactor*, a bimonthly publication focusing on issues and developments relating to the health and welfare of the environmentally and chemically sensitive.

"As part of a group of people exchanging medical information and experiences, I've learned that being referred to a mental health professional is not uncommon," del Solar said. "Unfortunately, a lot of doctors seem to think that if they can't find an illness in their medical books or if your symptoms are unlike anything they've learned about in medical school, then no physical cause exists."

Del Solar estimates that 10 million Americans are affected by auto-immune disorders and environmental and chemical sensitivities of one type or another.

Some suffer due to an hereditary predisposition.

Many more suffer because their bodies have simply become unable to cope with constant exposure to the vast array of "safe" chemicals that have become as accepted a part of modern life as electricity and running water.

"Eventually the fortunate patients find their way to doctors who diagnose the underlying condition, test and treat the immune system and use provocative neutralization and desensitizing antigens," del Solar said. "Some people improve rapidly and dramatically. Others slowly, but surely."

As for del Solar, it wasn't until she was 45 years old that she discovered, more by a piece of luck than a logical confluence of medical opinion, the answer to her personal clinical conundrum.

"One day I was in a health food store buying vitamins, and I overheard a man talking about someone he knew with symptoms that sounded a lot like mine," she said. "It turned out to be his daughter who was seeing a clinical nutritionist in Berkeley by the name of Dr. Steven Langer."

Through the biomedical detective work of Langer and Dr. Nathan Becker, a professor at UC-San Francisco and a noted endocrinologist specializing in thyroid and diabetic conditions, del Solar finally learned she had an auto-immune disorder known as Hashimoto's thyroiditis which was complicated by her numerous environmental allergies.

This auto-immune disease, which is characterized by a chronic inflammation of the thyroid, commonly occurs in more than one member of a family and, though usually secondary to a genetic predisposition, can be influenced by environmental factors such as stress and pollutants.

Regular appointments with her endocrinologist, nutritionist and an immunologist called in to treat her environmental allergies became a routine part of del Solar's life.

Not surprisingly, she began to form a growing number of waiting-room friendships with other patients. She discovered that many of them suffered far more severe chemical and environmental sensitivities than she did.

"I kept running into the same people in the waiting rooms. We'd begin to talk to each other, and then someone would have to go in for their appointment," she said. "It was difficult to have a conversation, so eventually about 10 of us decided to get together to talk about what was happening to us."

Word of the formation of a local support group spread quickly. Attendance was soon 50-plus at some meetings.

Many attending had histories of chronic allergy, asthma, undiagnosed auto-immune disease, immune dysfunction and hormonal disorders. Others, once well, were now devastated to find themselves sick or disabled by



Susan del Solar is one of 10 million 'immunologically dysfunctional' Americans

toxic exposure from an industrial accident, moving into a "tight building" or from environmental sources as seemingly benign as new carpeting.

Those who had become too sensitive to leave their homes requested audio tapes whenever prominent speakers lectured.

"I hear from people from all over the country as well as Canada, England, Ireland, Germany, Finland, the Netherlands, Turkey and Australia. Too frequently by the time people know where and how to get the care they need, they can't afford it. Many have lost not only their health, but their jobs, homes and

families," del Solar said.

Not long after the group formed, del Solar, who holds an art degree from UC-Berkeley and runs her own graphic arts firm, was hired to do layout and production work for *The Reactor*, a newsletter for the chemically sensitive. At the time, the newsletter was written and edited by Susan Molloy in conjunction with a program at Humboldt State University.

When the grant through Humboldt expired, the two women formed a partnership to continue publication of *The Reactor* and del Solar unexpectedly found herself a publisher and managing

editor.

The Reactor's goal is to keep subscribers informed of the latest medical, scientific, industrial and governmental developments relating to auto-immune disorders and chemical and environmental sensitivities. It is published on recycled paper "to reduce its impact on the environment."

Del Solar and Molloy are also evaluating the possibility of switching to a soybean-based ink to accommodate readers who are sensitive to petroleum-based inks.

"Some of our readers have to hang the newsletter in the sun for several days before they can safely read it," del Solar said.

"Others use 'reading boxes' that allow them to insert gloved hands into holes on each side to turn the pages. This keeps contact with the ink residue and fumes to a minimum."

Since its formation in 1985, Environmental Health Network has grown into a widely respected information resource and referral service providing assistance, education and advocacy for people with immune disorders including environmental and chemical sensitivities.

Today the network, which has 350 local members and over 2,500 *Reactor* subscribers, works with

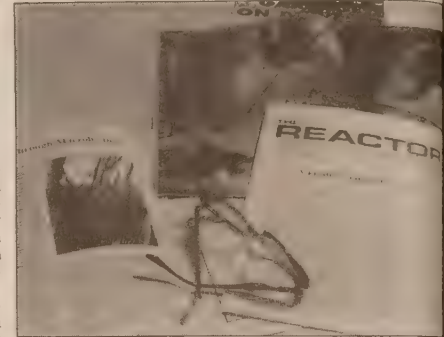
physicians, other health professionals, government, private agencies and organizations to benefit its members to promote a healthy environment.

Despite what del Solar's continuing failure of traditional medicine to recognize prevalence of immunological disorders, she wastes no time in ill will. Instead she, and many others are working to bring about a broader awareness and understanding of the dangers posed by many chemicals that have become part of our daily lives.

They are also dedicating other time, money and energy to providing a referral service.

"A woman I know who has her allergist dismissed because she's saying 'you have to live in this world,'" del Solar said. "Well, that's precisely what she was trying to do, what patients are trying to do just need the right kind of help to do it."

Readers interested in out more about Environmental Health Network and *The Reactor*, can contact Susan del Solar at 2536 Leimert Park, Oakland 94602, or at 530-5300.



Her publication, 'The Reactor,' keeps subscribers aware of developments

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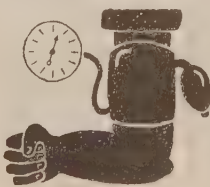
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Apollo spells charm, without the quirks

Auto available ready-made, or as assemble-yourself kit

It's surprising, sometimes, what you can find if you dig about in your own backyard and one of many reasons why I love the Bay Area. Berkeley, known worldwide for its university and lifestyle, is now also becoming known as the home of a new sports car manufacturer.

Actually this sports car manufacturer has been building cars in the East Bay for years, but its current project is one of the best products yet seen in the revitalized component car industry.

Originally, the Apollo Motor Car Company, headed by Milt Brown, built a vehicle called the Apollo in the early '60s. Milt Brown and Ron Plescia designed the Apollo sports car to be sold in both factory-ready condition or as an assemble-yourself kit.

It was styled with some Ferrari-like lines but had a well proportioned and stylish look. It was also sufficiently innovative for the Milestone Car Society to make it one of their 50 automotive milestone vehicles — a rare and honored title, especially for a Berkeley-built sports car.

Combined talent

In 1979 the two designers got together again and penned the new Apollo Verona sports car. They chose to use simple suspension units from GM intermediate sedans, along with V8 power.

Then they clad the Verona with a neat looking two-seater sports car body which encapsulates all the traditional flavorings of English and European sports cars without their quirks.

The styling picks up on the best traditions of sports cars, like the Morgan and the early MG. The two-seat cockpit is placed well

Auto Scene

David Fetherston



back on the chassis behind a long hood and flaired front fenders all made of fiberglass.

The rear half is short with an abrupt angled tail which supports the spare tire.

The Verona is not designed to act like a mass-produced sports car from Mazda, Toyota or any of the other high volume manufacturers. Instead, it is centered around a personal involvement with the automobile.

You can custom order every detail of this vehicle from the chassis to the wheels, to the motor, the seats and the body color.

Some buyers have opted for a V-12 Jaguar power with fancier suspensions and more detailed interiors. Others have stayed with the acute reliability of a Chevrolet 350 V8 or V6 and turbo 400 transmission.

The German version uses BMW components and has apparently been run at speeds in excess of 150 mph.

Brown recently sold his interest in the Apollo Company to a new local owner, Jim Williams. Williams had been involved with the Verona for a number of years and is continuing to build on its reputation for this well-designed and quality-built vehicle.

The Verona's reputation has, in fact, spread worldwide, now being exported to Japan and licensed



The Apollo's bodywork has the traditional lines of the old English sports car.

for manufacture and sale in Germany.

Two versions

Designed to use virtually any type of engine, the Verona is available as a complete factory built car or as a build-it-yourself component car. The design basically uses a custom fabricated steel chassis with General Motors "intermediated" front and rear suspension from a Chevy Nova or similar.

The box section chassis is quite rigid and seems to keep the wheels well placed on the ground. The engine is set back in the frame offering a close to 50-50 weight

distribution front to rear.

How well the "seemingly mundane" chassis species work is quite surprising. Brown realized that the layout of the GM suspensions were well engineered but in need of recalibrating to suit the lighter, more nimble, Verona.

To give the Verona a better steering feel, Brown replaced the stock steering box with a high performance unit from a Pontiac Trans Am. This unit comes with a 14 to 1 gear ratio and features a high effort spool valve which gives the steering a more precise and direct feel.

It took some time but he developed special springs and

shocks that work in harmony with the Verona's balance and weight.

About six months of concerted suspension tuning went into the ride around the Berkeley Marina's "New York" quality road surface. I was delighted by its ride quality and surprisingly nimble handling.

It rides on four coil springs which smooth out most surface variations just like a well riding sedan. Yet they are firm enough to keep the Verona flat around most of "the twisty stuff."

Good horsepower

With its stock 200 hp Chevy V8 and 2,400 pound weight, the Verona delivers a 12 to 1 power-to-weight ratio. That places it about three or four points better than a new base model Corvette.

Off the line, the Verona delivers 0 to 60 mph in just about six seconds straight, according to Jim Williams. An excellent figure by any measure.

The braking package is also excellent. The brakes were originally designed to stop a 3,500

pound sedan and, as the Verona is about a 1,000 pounds less, they offer impressive stopping power.

The inside of the test car I rode in was finished in light tan leather. This contrasted comfortably with the deep blue exterior paint work giving the Verona a very traditional color combination.

The Verona is the perfect vehicle for the nostalgia lover who wants all the charm of the '50s without any of the tears. Having owned several early MGs, I found the Verona reminiscent of that period but devoid of their quirks and truck-like ride.

The doors closed easily, everything worked as it should and I found its driving position sporty yet comfortable.

Build it yourself for around \$25,000 or buy a turn-key-complete street car for \$38,000. Either way, its sure to give you plenty of pleasure and wishful stares as you cruise the bay in your "beast from Berkeley."

(The Verona can be found at the Verona JKT Corporation, 815 Gilman, Berkeley. Phone 524-5246.)

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- Before you drive, locate the speedometer, temperature gauge, gas gauge, air conditioner, heater, windshield washer, defroster and light switches. With the engine running, test the brakes and steering wheel to get the "feel" of them. Adjust the driver's seat, headrest, safety belts, and rearview and sideview mirrors so

they're comfortable for you.

- Arrange for special equipment, such as snow tires, in advance. If you have children under the age of four, request child safety seats or provide your own.

- Keep in mind the differences between the rented car and your own. If you're not used to power brakes, a manual transmission or a large vehicle, take the car for a simple trial run before you drive it in busy traffic. If possible, request a vehicle that is similar to the make and model of your own car.

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PRECISION REMANUFACTURED NOT REBUILT

FOR: FOREIGN AND DOMESTIC AUTOS CLASSIC CARS • BOATS MATERIAL HANDLING EQUIPMENT • ETC.

BIG SALE! 50% OFF

FREE DELIVERY

Engine tested. Superior to rebuilt. Meets smog requirements. Looks and performs like new.

GUARANTEED

AUTOMATIC TRANSMISSIONS

\$225 -- MOST CARS

WARRANTED TO PERFORM AS NEW FOR 12,000 MILES OR ONE YEAR

Repair Parts and Converters exceed Bureau of Automotive Repair Standards

TRANS CARB (415) 524-2577

10219 San Pablo Ave., 1 block north of Central in El Cerrito

Mail-a-Want-Ad Form

6208 LaSalle Avenue, Oakland 94611 • 339-8777

Name	Phone
Address	
City	Zip
Heading or Classification	
Insertion dates	

Your advertisement will be published in: The Montclair & The Piedmont on Tuesday, The Berkeley Voice & The Journal on Thursday. Extra charges added for bold type, centered lines & capitalized words.

RATES

By the word	1 time	2 times	3 times	4 times	5 times	each additional 5 words
0-15	14.10	27.05	40.50	48.25	60.40	12.10
16-20	17.10	33.05	49.50	59.45	74.20	14.85
21-25	20.10	39.05	58.50	70.65	88.00	17.60
26-30	23.10	45.05	67.50	81.85	101.80	20.35
31-35	26.10	51.05	76.50	93.05	115.60	23.10
36-40	29.10	57.05	85.50	104.25	129.40	25.85
41-45	32.10	63.05	94.50	115.45	143.20	28.60
46-50	35.10	69.05	103.50	126.65	157.00	31.35
each additional 5 words	3.00	6.00	9.00	11.20	13.80	2.75

TO INCLUDE THE FRIDAY MONTCLAIR: Add to the rates shown above, \$4 per insertion plus \$1 for each additional 5 words of Friday ad. Extra charge for bold face, centered lines and capitalized words. No credit will be given for cancellation.

101 Cars

HYUNDAI, 1988. Brand new red 4 door, stereo, air, 15,000 miles. Need to sell moving. Just take over payments. Ask for Lynn. 339-8185, 482-2648.

DODGE Charger 1985 hatchback, silver, 2 door, air, automatic. One owner, excellent condition, \$3,300. 530-9534.

CADILLAC, 1979. Fleetwood, 4 door, loaded, mint condition, sunroof, \$4,500. 531-4183.

HONDA 1980 Accord, 5 speed, 4 door, good condition, 100,000 miles, cassette, \$2,400. offer. 848-2970.

MERCEDES 300SEL 4.5, 1972. Excellent condition, low mileage. All receipts, \$20,000 invested, asking, \$11,500. 482-9376.

SUBURRI, 1987, 4 wheel drive GL wagon, 35,000 miles, all power, macron, cassette, warranty, \$7,750. 339-3490.

VOLVO, 1986, 740 station wagon, 52,000 miles, all power, macron, beige leather interior, \$14,000. 782-9453.

201 Announcements

BOY Scout uniforms. Clean out the closet and recycle them to help youngsters. Leave at The Montclair office.

PARENTS, new parents, expecting parents needed to be part of a discussion forum. Help us formulate the audio series "Raising a Magical Child", now in production with Joseph Chilton Pearce. We need your experience. Please call: 652-4006.

202 Entertainment

SOLVE the entertainment problem. Magical entertainment anywhere! Call Scott Alcala, 357-2499.

ECKANKAR
Soul travel, dream teachings. A direct path to the Light and Sound of God. See Cable Oakland channel 50, January 9, 25. February 13, 8:30 p.m. or full 800/675-2314, 484 Lake Park Drive, Box 165, Oakland, 94610.

204 Giveaway

MUST giveaway two friendly loving cats. One black, one part Siamese, both neutered. Susan 547-1944.

KING size mattress, springs and frame, clean. 531-8541.

WONDERFUL male (cat) Urgently needs loving home. Gentle, healthy, older, tiger stripes. Moving abroad. 524-4454.

GOLDEN Retriever mix puppies, well loved, good with children. Berkeley hills. 849-0185.

206 Personals

CHILDHOOD SIBLING BEREAVEMENT: Subjects required for doctoral research. If you are over 21 and you experienced the death of a brother or sister before the age of 18, please consider participating. For further information, call Cherry Wise (376-6955).

301 Childrens Schools Camps

SKYLINE PRE-SCHOOL
(Extended Day Care)
Morning, Afternoon and all day
Ages 2 years 9 months - 5 years
12540 Skyline Blvd. 530-0884.

CHATHAM School: Developmental preschool, ages 2 years 9 months - 5 years. Toddler program, 531-1534.

CIRCLE PRESCHOOL
Offers programs for curious children ages 6 months to 6 years. 547-6447.

SMILES Day School. Pre-school program 9 - 12:45. We also offer before and after school program for elementary children. Drop off and pick up service to schools in the area. 339-9660, 7:00 - 5:45.

EXPERIENCE the joy! Linda Beach Cooperative Preschool. Current openings. Come visit us. 547-4432 or 654-1702.

Montessori Children's House of Rockridge. Helping your child excel in a warm and nurturing environment. 7:30 - 6 p.m. Ages 2-4, 652-7021.

PIEDMONT Camp Fire summer camp in Sierra Foothills. 4, 7 or 12 day sessions in early July. 6-17 years welcome. 655-7388 for brochure.

MONTCLAIR Montessori Home School: small, nurturing morning preschool. 2 1/2 - 4, Sue Oehser, M.D. Education. 339-0243.

303 Instruction Training

A LEARNING PLACE
Math, SAT, Prep, Reading, Montclair/Piedmont/Berkeley. 531-2500

PRIVATE LESSONS. Computer: DOS, WordPerfect, Lotus. Bookkeeping. 569-8169.

MACINTOSH Training. Individual, business, PageMaker, Word, Basic Mac. Improve business skills. Woman-owned. Call 526-8420.

304 Musical Instruction

GENE'S Guitar-Bass Lessons, 25 years experience, patience for ages 9 to 90. 531-5625 message.

FLUTE, saxophone, beginning piano, clarinet, classical jazz, adults, children. Beginners welcome. 15 years experience. 237-5777.

PIANO lessons. Experienced piano teacher, for information or interview. Please call 268-0907. Ms. Young.

401 Help Wanted

ADVENTURE TRAVEL
Inca Floats, Emeryville, Galapagos Tour operator needs full-time agent with travel industry experience, SABRE trained with PC and phone skills. 420-1550.

SECRETARY-receptionist for holistic chiropractic office, 10:00-17:00 Monday, Wednesday, Thursday, \$7 per hour to start. Friendly atmosphere. 524-5800.

401 Help Wanted

TICKET Processor, some bookkeeping, order supplies, filing, detail oriented. Light typing and prep work. Minimum 3 days per week. 339-8814.

ATTENTION re-entry Moms: part-time, 12-20 hours week, office manager for insurance agent. Excellent communication skills, detail oriented person a must. Some word processing, schedule salary negotiable. Call Kerri, 268-3352.

MEDICAL
Experienced Registered Nurse for busy pediatric office, 3 days, Berkeley-Orinda. Carol 841-5114.

SECRETARY-Office Assistant. Self-motivated, dependable, with excellent typing skills for growing East Bay company. 549-0306.

OMNIDESIGN. Contemporary home furnishings pioneer seeks motivated, detail-oriented salespersons, cashier, warehouse assistant. Full-Part Pleasant environment! Variety! Growth opportunity! Apply: 3966 Piedmont Ave., Oakland.

HOUSECLEANERS, part-time, must be dependable, experience preferred, \$6-\$8 per hour, Fresh Impressions, 685-6000.

PHONE order customer service, heavy phones, taking orders and taking care of problems. Call 652-6055

GENERAL office clerk. Established west Oakland firm has immediate permanent full-time position. Must be experienced typist, able to format correspondence, extensive filing (alpha and numeric), switchboard relief a must. Resume to Personnel, Box N, 6208 LaSalle Avenue, Oakland 94611, E.O.E. M/F.

RETAIL SALES position at Paperclip-a specialty stationery shop in Montclair Village. Energy, motivation and people skills are the necessary qualifications. Flexible 2-4 days weekly. Stop by or send resume, 6106 LaSalle.

HAIRSTYLIST and **RECEPTIONIST** part-time for Snips, exclusive College Ave. kid's hair salon. A fun place to work! 547-7277.

ADMINISTRATIVE ASSISTANT. full time, Monday through Friday, 8 to 5, salary negotiable. Call Linda before noon, 530-7039.

MEDICAL secretary for part-time work in physician's office, experience required. Please call 834-7421.

PRE-SCHOOL teacher, permanent, part-time, minimum 6-12 units. Dynamic staff. 548-9121.

COUNSELOR for nutritional weight loss program, part-time position, for person with strong communication and sales skills. Knowledge of business a plus. Call 339-1576.

PART-TIME personal secretary, management of personal affairs for busy professional couple, flexible hours, Resume and references to: P.O. Box 5039, Berkeley, 94705.

CLUB ASSISTANT

Highlands Country Club is looking for a mature, outgoing, outgoing, computer friendly individual to fill full-time position. Prefer experience with typing, bookkeeping and employee supervision. Contact Tim Palmer at 849-0743 between 10-4 p.m., Tuesday-Friday.

PART-TIME secretary for travel agent on College Avenue, 10-20 7:00 Monday, Wednesday, Thursday, \$7 per hour to start. Friendly atmosphere. 524-5800.

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*Prepayment Required

401 Help Wanted

PART-TIME Permanent Receptionist. Friendly, dependable, mature, with insurance billing, bookkeeping, ten key and multi-line phone experience. 10 hours plus per week. Full-time for 6 weeks in summer. Monday, Wednesday, Thursday, 4:30-7:30 p.m. 526-8657.

OFFICE CO-ORDINATOR
Multi staff Protestant church needs reliable detailed oriented person with "people" skills to co-ordinate busy office, 32.5 hours week. Requirements: Oral-written communication and organizational skills. Duties: working with volunteers and the public, phones, light typing (40 words per minute), building use schedule, EOE. 441-3555 between 1:00-4:00 p.m. for application or more information.

BOOKKEEPER
Medium sized Oakland law firm has immediate opening for a full charge bookkeeper seeking a career position. Please send resume in confidence to Box X, 6208 LaSalle Avenue, Oakland, CA 94611.

KENTUCKY FRIED CHICKEN
NOW HIRING
Day and evenings shifts. ALL POSITIONS. Flexible hours, flexible starting wage. We'll work around your special needs. Apply in person at 470 Lake Park Ave., Oakland, 836-3373. Ask for Julius or Rebie.

HELP WANTED
at Specialties, contemporary clothing store. Mature person with sales experience. Apply in person, 6110 LaSalle Avenue, Oakland (Montclair Village), 339-3200.

W. W. Granger, a nationwide industrial wholesale supplier has a career development opportunity at our Emeryville branch for flexible reliable motivated team player. Willing to start part-time, providing warehouse and counter sales support. Average 30-35 hours week. Starting \$9.09 per hour. Contact Ann, 420-0587.

MEDICAL office assistant for Berkeley ophthalmologist front office, part-time approximately 20 hours a week. 841-3937.

SALES
WINNERS
Experienced sales persons for the Membership Department of The Oakland Chamber of Commerce. Hig commission paid plus benefits. Call Mike Canton 844-4818.

DENTAL Assistant full-time, Monday through Thursday position available in Oakland family practice. X-ray license required. Pleasant work environment. Salary. Call Monday through Thursday 452-1068.

GAIA Bookstore, specializing in ecology, women's spirituality, earth religions, has 3 positions available: full-time store manager, part-time store assistant, office clerical assistant. Prefer previous retail and/or bookstore experience, familiarity with area of specialty, civil/aff at working in teams. Career opportunities in a growing business which values personal growth for planetary transformation. Mail resume and cover letter to: Donna Ferrine, 1400 Shattuck Avenue Ste. 40, Berkeley 94709.

PART-TIME sales position, women's clothing, Thursday 10-5:30, \$6 hour plus percentage of sales. 525-5130.

GROCERY and deli clerk positions needed, experience required. Call Dotie 486-8119. Seabreeze Market (Berkeley Marina).

TEACH and **GROW** RICH
Will train seminar leader and marketing representatives. You must have earned \$40,000 and desire to triple your income. 268-1176.

Technical Assistant
Great job for those seeking 20-30 hours, full benefits. Position available for responsible, motivated individual with Fortune 500 Company. Assist in technical support, performing routine and creative tests, maintaining records and managing lab organization and supplies. College background preferred. Experience chemistry, computer experience helpful, technical aptitude required. Mail or apply: 742 Grayson St., Berkeley, CA, 94710. Attention Tech Service.

FULL-TIME hair stylist and manicurist wanted in contemporary Montclair salon. 339-2501 or 339-0301.

401 Help Wanted

DEVELOPMENT DIRECTOR
California College of Arts and Crafts invites applications from developing professionals to fill the position of Director of Development. Assume responsibility for designing, implementing and administering a program to stimulate and cultivate financial support for the College. Provide leadership and management of corporate and foundation relations, annual giving, grant solicitations and alumni relations. Hiring salary range: \$45,000-\$55,000 per year. Send cover letter, resume and list of references by March 9, 1990 to: Personnel Director, CCAC, 5212 Broadway, Oakland, CA 94618. E.O.E.

OFFICE ASSISTANT
Permanent part-time position for energetic individual in fast paced health related employment agency. Duties include word processing, billing, and telephone contact. Excellent salary, incentives. Non-smoking office. For consideration call:
FAMILY HOME COMPANIONS
652-3210

EXECUTIVE DIRECTOR
Experienced professional with minimum of 5 years administrative experience demonstrating the management, program, fiscal and fundraising skills necessary to direct a multi-service agency. Graduate degree in Human Services preferred. Position full-time; salary \$40,000-\$50,000 with excellent benefits. Available May 1990. Resumes to Chair, Executive Search Committee, Jewish Family Service of the Greater East Bay, 3245 Sheffield Avenue, Oakland, CA 94602.

CAFE in Montclair seeking energetic friendly mature counter help, full or part-time. 339-0568.

BUSY childrens store seeks part-time help (10-20 hours per week). Must be mature, friendly and have flexible schedule. Sales, phones, ironing, \$5 hour to start. 527-5025.

WAIT persons, all shifts, prefer experience, full or part-time, Montclair (gold course) Restaurant. 482-4444.

PART-TIME medical receptionist, medical experience required. Call 845-1332, 10-11:30 and 1:30-4.

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BUSY childrens store seeks part-time help (10-20 hours per week). Must be mature, friendly and have flexible schedule. Sales, phones, ironing, \$5 hour to start. 527-5025.

918 Housecleaning

DAY AREA Dustbusters. Need help? Give us a call 658-7676. Family owned and operated.

RELIABLE housecleaning. 14 years experience. Hard worker, your references, dependable, affordable rates. 235-3225.

GREAT Maid Service. Housecleaning on a weekly, bi-monthly, or monthly basis. Carpets, windows, parties, etc. Bonded and insured. 415-943-4271.

EXCELLENT references. 12 years experience, available. Please call Dugan 653-0967.

PROFESSIONAL Housecleaning. Experienced, responsible, courteous. Six years experience. Excellent references. No risk trial. Earl 653-9625.

QUALITY custom clean-to suit your needs. Experienced, friendly, excellent references, reliable. Elaine 601-1418.

HOUSECLEANING, clean up windows, garage and yard. Good references. Call now, 653-9413.

HIGH quality professional housecleaning. Reliable and thorough. Local references, Debbie, 653-9428.

HOUSECLEANING, experienced, reliable, with good references. Please call Janair or Divina, (415) 757-1831.

Housecleaning: Call the Perfectionist. Reliable English woman will take your home clean and shiny. Excellent references. Wendy, 641-4309.

NO NONSENSE Housecleaning. Fast, meticulous, dependable. Knowledge of special surfaces, fine art. Ann 444-8453.

HOUSECLEANING and light cook. Alterations also. Japanese 530-4173.

COMMITMENT to cleanliness and order, competent, reliable, trustworthy, weekly, bi-weekly, enthusiastic references.. Jean 652-3700.

PROFESSIONAL Cleaning. Homes, offices, vacancies. 12 years experience. Meticulous, thorough, reliable. Own supplies, equipment. Excellent references. Phone 941-9499.

KOREAN husband-wife team to clean your home. 4 years experience. 887-1926 after 4 p.m.

YOUR home will be cleaned to your expectations. Mature, very experienced, responsible, reasonable rates and excellent references. Rockridge based. 601-1418.

RELIABLE, trustworthy Spanish speaking woman to clean your home, child care. Excellent high area references. Call Janita, 547-8275.

Atkins and Atkins
Professional Cleaning Service. Licensed and Bonded. 24 hours, (415) 901-1115. General Housecleaning. Specializing in Refrigerator, Stove, Bathroom and kitchen tiles.

DOMESTIC Engineer. Housekeeping to your satisfaction. Reliable. Bonded, furnish all cleaning material. 838-8289.

HOUSECLEANING. We are responsible, have experience and references. Practice your German, Spanish, Dutch. 848-1636.

HOUSECLEANING: Woman, reliable, local, reasonable rates. References. Roberts 658-1994.

ABSOLUTELY CLEAN
We're a professional, reliable home cleaning service specializing in personal attention, thoroughness, insured and bonded. Phone Absolutely Clean at 482-8400.

MONTCLAIR MAIDS
A Service Just For You
530-1944
Bonded Insured

919 Housesitting
GOING on vacation? 1, 2, 3 weeks? Let me watch your house, pets, House/Watch Service. Licensed, bonded. Joe, 522-1978.

HOUSECLEANING. Special attention for your home, pets, by caring professional. References. Home Sweet Home, 835-0055.

920 Interior Decorating
SEWING for Interiors. Slipcovers, shades, curtains, pillows, needlepoint finishing, bed and table coverings. Holly, 531-1859.

921 Landscaping-Licensed
SUMA LANDSCAPING
Design, Installation, Maintenance. Decks, Fences, Retaining Walls. We specialize in drought tolerant, low maintenance designs. License #523016, 632-7080.

FENCES, decks, design, maintenance, drainage, wood walls. 841-5775. References. 644-2598. Free estimate. Excellent plant prices.

921 Landscaping-Licensed

BERT
LANDSCAPE CONSTRUCTION
LICENSE #45133 • BONDED • INSURED
Irrigation • Drains • Decks
Planting • Fences • Arbor • Palms • Lawns
Walkways • Stairs • Grading • Retaining Walls
Cleaning • Demolition • Lighting
(415) 531-7444

922 Locksmith

BONDED, insured. Deadbolts installed. Foreign/domestic auto keys. Glenview Key and Lock, 4187 Park Blvd. 530-6141. Contractor License #453533.

923 Movers-Licensed

TRIANA MOVING
and Storage 33 years. Local, long distance. T-91758, low rates, pack equipment. No overtime, Saturday, Sunday, expert plan, organ, 562-3778.

PLANETARY MOVERS
Save 15-50% over our competitors! 98% of our jobs are breakage free! No hidden charges! Low cost! Free wardrobe and estimated 5% of our profits donated to Peace and Environmental Causes! Use your MasterCard, Visa or American Express card! Call the Best Movers in the Galaxy! 839-4444 anytime. CAL-715242.

Park-Tilden Movers
We have been moving Piedmont and Montclair families for years. Ask your neighbor! Minimum legal rates for insured professional service. Anywhere in California. Expert piano movers. Call 859-72. We care about your move. 531-4005.

SAVE ON MOVING
By Stu Miller since 1975. The Bay Area's Best! CAL-7151327. Insured. 848-9395.

924 Painting
CY'S PAINTING COMPANY
Residential - Commercial
Interior - Exterior
Spray - Brush - Waterblast
Waterproofing
Insured
Over 20 years experience in Piedmont area. License No. 497281. Call for Free Estimate. Large or small jobs (Interior's a Specialty)
261-6592
Evenings or Saturday calls OK

PAINTING, interior, exterior. Expert workmanship, work guaranteed. Reasonable. License #293168. James Frydahl, 530-9599.

BILL WONNENBERG & SON
Since 1960, Interior and exterior. License #208273. 525-8676 and 932-2199.

Interior, exterior. Excellent references. Montclair resident. 339-0214.

THE PAINT COMPANY
Highest quality work inside and out. Estimates and consultation are free. Many very satisfied local references. Fully insured. License #515120. Jeff 527-2873.

AMOR Painting. Quality at a reasonable price. Interior, exterior. Decks stained. Free estimates. Avi, 524-0385.

ACCENT WEST PAINTING
Exterior painting, interior painting, other tall houses our specialty. Reasonable prices. Licensed, insured. Call anytime.
658-7477

ECONO-PAINT PLUS
Handyman repairs. Neat, careful, experienced. Free estimates. Call! Phone anytime 628-0660.

Terrific Painting
Reliable, consistent, quality, commercial and residential repair and finishing. Inquire about our services at 530-1988. References.

MARK'S PAINTING
Exterior - Interior. Professional workmanship. Top quality paints used. Many satisfied local customers. Bonded. License #559492. Free estimates. 845-6715.

INTERIOR, exterior, excellent references. Interior cabinets, spraying and high quality finish work a specialty. 482-3370.

INTERIOR, Painting. Reasonable, flexible, reliable. Berkeley, Albany, Kensington, El Cerrito, Piedmont, Montclair. Peter 549-2079.

B. P. PAINTING
Professional interior, exterior. Reasonable rates. High quality guaranteed. Free estimates. Call 430-0997.

Jerusalem - Painting
Professional interior, exterior. High quality guaranteed. Excellent references. Free estimates. 486-0456.

MELLO
Interiors. Painting, wallpaper, refinishing kitchen cabinets, interior repairs, sheetrock finishing. License #461229, 531-7447.

924 Painting

TOWER PAINTING
Interior, exterior. Quality preparation, finish, waterblast, waterproofing, sheetrock and plaster repairs. Small or big jobs welcome. Fully insured. Free estimates. License #466117. 534-6244.

Burgess Painting
Licensed local painter, interior-exterior, quality workmanship, many excellent references, free estimates, 652-6307.

FRESH PAINTS. Professional interior painting, excellent references. Beautiful work, call Joan 527-8320.

ASTER PAINTING CO.
Interior-Exterior
Paperhanging
Free Estimates
25 Years Experience
530-9090
Licensed - Insured - Bonded

TWO adept women, interior painting, preparation and repair. Oakland, Piedmont, Montclair. 428-2161.

PAINTING & DECORATING
"Art First for a beautiful finish"
ART FIRST
531-9648
• complete painting services
• architectural colors
• faux finishes
• murals and screens
• stenciling and gliding
• painted furniture
LIC# 502513 • SINCE 1973
BONDED • OAKLAND

ARTHUR'S INTERIOR
and Exterior Painting. Professional preparation, superior painting. \$10 hour or by bid. Local references. 653-9362.

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AT YOUR SERVICE can get you ready for the weekend by doing what you do not have time to do. Pick-up and drop off drycleaning, miscellaneous errands, shopping for any item, even groceries! Valerie 654-1753.

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928 Piano Tuning
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Public Notices

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-7040
The following person is doing business as U.S. Aural Limousine Service, 1309 Camino Pablo, Moraga, CA 94556.
Todd Sanders, 1303 Camino Pablo, Moraga, CA 94556.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on December 27, 1989.
Publish The Journal, February 1, 8, 15, 22, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0051
The following person is doing business as Very Important Printing, 1612, 1624 Locust St. Walnut Creek, CA 94596.
Shahrokh A. Shakeri, 1790 Ellis St. #14, Concord, CA 94520.
Ameneh Tahrani, 1756 Carmel Dr. #230, Walnut Creek, CA 94596.
This business is conducted by a General Partnership.
Statement was filed with County Clerk of Contra Costa County on January 3, 1990.
Publish The Journal, February 1, 8, 15, 22, 1990.

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. F870085
The following person has abandoned the use of the fictitious business name Print Express located at 1612, 1624 Locust Street, Walnut Creek, CA 94596.
The fictitious business name referred to above was filed with the County Clerk of Contra Costa County on January 7, 1987.
I, Pedram Towfighi, 287 Azores Ct. Pittsburg, CA 94565.
This business is conducted by a General Partnership.
Signed: Pedram Towfighi.
This statement was filed with the County Clerk of Contra Costa County on January 3, 1990.
Publish The Journal, February 1, 8, 15, 22, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0190
The following person is doing business as Sharpe Co. 226 Commodore Dr. Richmond, CA 94804.
Akiko Sharp, 226 Commodore Dr. Richmond, CA 94804.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on January 8, 1990.
Publish The Journal, February 1, 8, 15, 22, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0063
The following person is doing business as Dafeison Company, 1894 C Lynwood Dr. Concord, CA 94519.
Jerry Ardison, 753 Augusta Dr. Moraga, CA 94556.
This business is conducted by a General Partnership.
Statement was filed with County Clerk of Contra Costa County on January 24, 1990.
Publish The Journal, February 1, 8, 15, 22, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0366
The following person is doing business as d'NEISE VAN NESS ENTERPRISES, 4686 Setting Sun Drive, El Sobrante, CA 94803-2110.
Post Office Box 2112, Orinda, CA 94563-8512.
d'Neise Van Ness, 4686 Setting Sun Drive, El Sobrante, CA 94803-2110.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on January 17, 1990.
Publish The Journal, February 1, 8, 15, 22, March 1, 1990.

ESTATE OF ALICE DONG LEE DECEDENT
Case Number P90-00147
Petition for Probate of Will and for Letters Testamentary.
Publication will be in El Cerrito

Public Notices

Journal
Petitioner Gerald K. Lee requests: a. decedent's will and codicils, if any, be admitted to probate. b. Gerald K. Lee be appointed executor. c. that limited authority be granted to administer under the Independent Administration of Estate Act. d. bond not be required for the reasons stated in Item 3d.
Decedent died on April 25, 1989 in El Cerrito, CA, a resident of the county named above. Street address at time of death: 912 Ashbury Ave. El Cerrito, CA. Character and estimated value of the property of the estate: Personal property \$1000. Annual gross income from real property \$7800. Personal property 0. Total \$7800. Real property: \$140,000. Will waived bond.
Estate of Alice Dong Lee Decedent Case Number P90-00147
Copy of decedent's will dated 10-12-71.
Appointment of personal representative- Proposed executor is named as executor in the will and consents to act.
Proposed personal representative is a resident of California, a resident of the United States.
Decedent's will does not preclude administration of this estate under the Independent Administration of Estates Act.
The decedent is survived by no spouse, spouse deceased. Child as follows: natural or adopted, no issue of a predeceased child.
Petitioner has no actual knowledge of facts.
All surviving children and issue of predeceased children have been listed in Item 8.

ESTATE OF ALICE DONG LEE
ATTACHMENT B
Name & Relationship:
Ronald C. Lee, son, 57, 115 Pacific Ave. Piedmont, CA 94611.
Gerald K. Lee, son, 55, 1948 Bush St. San Francisco, CA 94115.
Wayne J. Lee, son, 51, 1/2 Alta Group Inc. 535 Race St. San Jose, CA, 95126.
Brenda L. Wong, daughter, 59, 412 Ashbury Ave. El Cerrito, CA 94530.
Pamela Lee Law, niece, 30, 2 Shenson, Alameda, CA.
Dated: 12-10-89.
Signature of Petitioner: Gerald K. Lee.
Publish El Cerrito Journal, February 8, 15, 22, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0623
The following person is doing business as Infinite Audio, 1042 John Ave. San Pablo, CA 94806.
Arthur Bryan Hill, 1042 John Ave. San Pablo, CA 94806.
This business is conducted by a General Partnership.
Statement was filed with County Clerk of Contra Costa County on January 29, 1990.
Publish The Journal, February 8, 15, 22, March 1, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0063
The following persons are doing business as Olive Realty & Investment Co. 706 Shelley Ct. Rodeo, 94572.
Roger M. Oliva, 706 Shelley Ct. Rodeo, 94572.
Corazon C. Oliva, 706 Shelley Ct. Rodeo, 94572.
This business is conducted by Individuals-Husband and Wife.
Statement was filed with County Clerk of Contra Costa County on January 31, 1990.
Publish The Journal, February 15, 22, March 1, 8, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0694
The following persons are doing business as Olive Realty & Investment Co. 706 Shelley Ct. Rodeo, 94572.
Roger M. Oliva, 706 Shelley Ct. Rodeo, 94572.
Corazon C. Oliva, 706 Shelley Ct. Rodeo, 94572.
This business is conducted by Individuals-Husband and Wife.
Statement was filed with County Clerk of Contra Costa County on January 31, 1990.
Publish The Journal, February 15, 22, March 1, 8, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0448
The following person is doing business as California Hobby Supplies, 109 Linda Dr. San Pablo, CA 94806.
Darleen Green, 109 Linda Dr.

Public Notices

San Pablo, 94806.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on January 19, 1990.
Publish The Journal, February 15, 22, March 1, 8, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0567
The following persons are doing business as So-D-Licious Deli & Catering, 1400 Filbert St. Richmond, California.
Mary Lizzie Adams, 1734 Truman St. Richmond 94801.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on January 25, 1990.
Publish The Journal, February 15, 22, March 1, 8, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0796
The following person is doing business as Video Galaxy, 11299 San Pablo Ave. El Cerrito, CA 94530.
Mohammad Salim, 5526 Bay View Ave. Richmond, CA 94804.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on February 6, 1990.
Publish The Journal, February 15, 22, March 1, 8, 1990.

NOTICE
The last day to register to vote for the upcoming General Municipal Election of April 10, 1990 will be MONDAY MARCH 12, 1990.

You may register to vote at the office of the City Clerk, 1000 San Pablo Avenue, Albany (City Hall) from 8:30 a.m. to 5:00 p.m. Monday-Friday.

Postcard registration is now in effect in Alameda County, and if you are unable to register in person, you may obtain registration form by mail by calling the office of the City Clerk, 528-5720.

JACQUELINE L. BUCHOLZ, CMC CITY CLERK

Publish The Journal, Thursday, February 22, March 1, 1990.
Posted: City Hall, Library & Fire Department.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0879
The following person is doing business as Evergreen Life, Inc. 600 Clayton Ave. El Cerrito, CA 94530.
Show-Yuh Tsai, 600 Clayton Ave. El Cerrito, CA 94530.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on February 9, 1990.
Publish The Journal, February 22, March 1, 8, 15, 1990.

FICTITIOUS BUSINESS NAME STATEMENT
File No. 90-0922
The following person is doing business as Unified Systems, 2063 Tapscott Ave., El Cerrito, CA 94530.
David Madan Lal, 2063 Tapscott Ave., El Cerrito, CA 94530.
This business is conducted by an individual.
Statement was filed with County Clerk of Contra Costa County on February 12, 1990.
Publish The Journal, February 22, March 1, 8, 15, 1990.

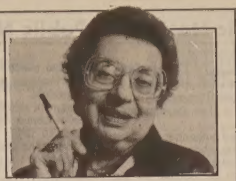
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File No. 90-0694
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Community Folk

By Clara-Rae Genser



Kensington woman winning the gentle battle for peace

AT A TIME when there is a faint glimmer of hope for peace in our world, it is gratifying to talk with people who have spent their lives working and fighting for peace.

I was fortunate enough to meet just such a person when at the suggestion of her neighbor, Mary Elizabeth Shed, I interviewed Frances Herring of Kensington.

Dr. Herring has been a peace activist for most of her life. Among other things, in 1961 she helped to organize Women Strike for Peace in the East Bay.

A vital, active woman still as she nears her 88th birthday, Herring smiles as she recalls, "I have had an enormous number of jobs in my life. I have simply taken whatever was offered. I didn't plan a career."

Indeed, the number and variety of her jobs, as well as what she calls her "unpaid jobs" is astounding. Born in Moores, N.Y., the sixth of seven children of a Methodist minister, and a graduate of the University of Washington, Herring went to New York and enrolled in a business school.

She had been there only two weeks when a call came in for a secretary to the faculty at Barnard College. She was the only one with the background that would enable her handle such a job. And she was off.

FRANCES STAYED with Barnard College about four years. After that she was a salesgirl at Lord & Taylor; assistant to the director of a National Council on Parent Education, a two-year Rockefeller grant project; executive secretary of New York Teachers Guild and Teachers Guild Auxiliary; a teaching fellow in philosophy and graduate work in regional planning and labor economics at the University of Washington;

research assistant to Dr. Clark Kerr who was then director of research in the Washington State Office of Price Administration.

"My report on criteria for raising prices in garbage disposal companies was sent by national OPA to all regional offices," she said and added, smiling, "undoubtedly the most popular production of anything I've written."

Herring taught philosophy at Vassar College and at Oberlin College in Ohio and did research in the U.C. Berkeley Bureau of Public Administration where she published "Development and Control of Nuclear Industry in California: 1959" and was editor and contributor to "Open Space and the Law: 1965."

IT IS THE unpaid jobs that are most interesting. And most of them had to do with peace. In 1960 she was one of eight women who, with the approval of the State Department, and, at the suggestion of a group of San Francisco businessmen interested in promoting closer relation for trade, visited the Soviet Union. In 1961, as noted, she helped organize Women Strike for Peace, an organization initiated by eight Washington, D.C., women who wanted to stop the nuclear testing that was showing up in radiation in mothers' milk.

That year also she was one of 12 U.S. women and 12 Soviet women at a conference in Bryn Mawr. She helped organize an international conference put on by Voice of Women, a Canadian organization, in Toronto, Montreal and Ottawa.

She reported on the conference in speeches across the country on the way back to Berkeley. She was one of four women chosen to attend a conference on non-aligned nations to discuss disarmament. She was speaking in Pasadena when Linus Pauling came in. Herring had written a paper against nuclear weapons and pointed out all the other energy sources available (which U.C. had refused to publish).

Pauling agreed with every word and invited Herring to be one of 60 scientists against the spread of nuclear weapons at a conference in Oslo. (Pauling had spent all of his second Nobel Prize money for the conference.)

HERRING DESCRIBED many of the actions of the Women Strike for Peace and each one would be a marvelous story here. Her own adventures in this endeavor, too, deserve far greater space and time than we can give them.

"Being brought up in a religious family and taught belief in the brotherhood of man made us all feel that our role in life must be doing something to make things better for humanity," she said. "Almost everything I did was trying to improve life."

Herring has a son, Tim, who also lives in Kensington. If one can look back on a life spent in trying to help humanity, surely one is looking at a successful, fulfilled woman.

Interesting people, organizations, events or travel. Write me at 555 Pierce St., No. 443, Albany 94706 or call 525-4585.

THE RIGHT MOVE



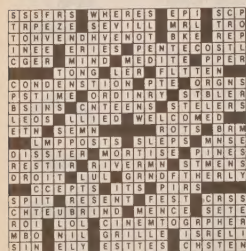
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Answer from page 10



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- MONTCLAIR RETREAT \$310,000**
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Dave English
Katherine Grubb
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Bonnie Hirsch
D.C. Hodges
Lois Johnson
Judy Maher
JoAnn Muetteties

Lyn Murray
Helen Nicholas-Barron
Dell Orr
Jeanette Roach
Harriet Schoen
Lue Snow
Sue Williams

Church Notes

First Baptist Church, 1319 Solano Ave., Albany. Rev. G. Thomas Fattaruso. 526-6632.

Sunday services begin at 9:30 a.m. with church school classes for adults and children. Worship is at 11 a.m. Rev. Fattaruso's sermon for Feb. 25 is titled *Facing Life's Escapes*. New members baptismal class is Sunday at 3 p.m. Bible study and prayer meeting is 7:15 p.m. Wednesdays. Choir rehearsal is at 7:15 p.m. Thursdays.

Arlington Community Church, 52 Arlington Ave., Kensington. Reverend Ken Barnes. 526-9146.

Sunday services begin at 10 a.m. There is child care for children under 3. Coffee hour immediately follows the service.

Rev. Barnes' sermon Feb. 25 is *Love's Inclusive Nature*.

First Church of Christ Scientist, 601 Lexington Ave., El Cerrito. 525-1676.

Sunday services and Sunday school are at 11 a.m. Wednesday evening testimonial meeting is 5 p.m. The public reading room is open Monday, Tuesday and Wednesday from 1 to 3 p.m.

El Cerrito United Methodist Church, 6830 Stockton Ave., El Cerrito. Gary E. Pope-Seas, pastor. 525-3500.

Worship service is at 10 a.m. with Pastor Pope-Seas presiding. Coffee hour is at 11 a.m.

The adult Bible class and special discussion classes meet at 11:15 a.m. At 10 a.m., just before Sunday school begins, Pastor Gary will have a

moment for the young at heart. Child care is available.

First Unitarian Church, 1 Lawson Road, Kensington. Dr. Richard Boeke. 525-0302.

Family meditation service is at 8:30 a.m. The Personal Theology group and the 20s-40s group both meet at 9:30 a.m.

Rev. Boeke's topic at the 10:45 a.m. service Feb. 25 is *Canvass Sunday*. Child care is available beginning at 9:30 a.m.

Northbrae Community Church, 941 El Alameda, Berkeley. 526-3805.

The church meets at 10 a.m. with adult forum discussion and with a Biblical literature study group. Worship service is at 11 a.m. Children's church school is 11:20 a.m.

Berkeley Buddhist Priory, 1358 Marin Ave., Albany. Rev. Zensho Roberson. 528-2139.

An introductory class on serene reflection meditation is held each Tuesday at 7:15 p.m. Call to register. Sunday service and lecture is at 10 a.m.

Sycamore Congregational Church, 1111 Navellier St., El Cerrito. Rev. Dr. Paul Nagano, minister. Rev. Sadao Masuko, Nichigo minister. 525-0727.

English morning worship and Nichigobu Bible study are at 11 a.m. Fellowship hour is at noon.

Mira Vista United Church of Christ, 7075 Cutting Blvd., El Cerrito. Rev. Nancy M. McKay. 524-0110.

Worship service begins at 10 a.m. Church school is at 9 a.m. Child care is provided.

Christ Lutheran Church, Ashbury Ave., El Cerrito. 526-4545. Sunday school is at 9 a.m.; worship at 10 a.m.; communion the first Sundays of the month.

Grace Lutheran Church, 15 Fe Ave., El Cerrito. Rev. O. Janke, Interim Pastor. Joan Rosminister. 525-9004.

Sunday school for children of ages and two adult Bible classes at 9 a.m. Worship service is at 10 a.m. Coffee and fellowship in parish hall follow the service.

An Ash Wednesday service is held Feb. 28 at 7:30 p.m. The *Thy Will Be Done*.

At the Feb. 25 morning service Rev. Ortwin Janke's sermon is *Hiding Won't Work*.

Tyranny will be the sermon by Dorothy M. Friedman, pastor, the Temple of the Blessings of Christ at 3 p.m. Feb. 25 at the Bay Fellowship Unitarian Hall. For information call 235-7521.

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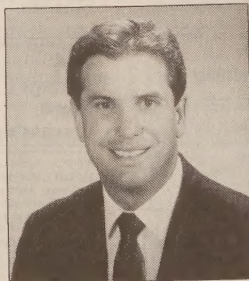
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We are pleased to announce that
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Carol wants to take this opportunity to publically express her thanks to her friends and clients who have contributed to her success.

When you are considering purchasing or selling your home, call Carol to assist you with your needs. You will find her to be knowledgeable and devoted to providing personalized service to her clients. Carol can be reached at 339-1174 or 653-5088.



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City Hall Newslines

Albany residents stand up and be counted

By E.J. Koch
City of Albany

1990 U.S. Census forms will likely arrive in residents' mailboxes during March. It's vital that citizens participate because Albany will benefit.

As populations grow so does money allocated to the city for transportation and road improvements, police services, programs for senior citizens, the disabled and educational development as well as many other valuable programs.

State and federal agencies await the 1990 figures before changing their funding allocations, so don't hesitate — stand up and be counted.

Albany's recycling program is well under way. Theresa Brand of the city's Recreation and Community Services Department reminds residents of the program's motto, "Don't can it, curb it!" The city's successful recycling program is just embarking on its second year.

In 1989 Albany residents recycled 550,000 pounds of glass, 1.1 million pounds of newspaper and 84,000 pounds of aluminum and tin cans. Albany residents continue to recycle at a 55 percent weekly participation rate.

Citizens who recycle are reminded to call Oakland Scavenger, 465-2911, if their recyclables aren't collected on schedule. If your buckets are missed, Oakland Scavenger will empty them the next working day.

For more information on this and other Recreation and Community Services programs. Call 528-5740.

According to Jean Allen, director of the Albany Senior Center, the center just threw the "best, most well-attended dance ever." The Hearts and Flowers Ball featured the Dick Oxtot Golden Age Jazz

Band. Get on the bandwagon and attend the center's next romp, "Spring Fling," which will again feature tunes from Oxtot's band.

This event will be held April 1 from 3 to 6 p.m. at the Senior Center, 846 Masonic Ave. Tickets are \$3 and are available at the door.

The Prevention Council has prepared "A Parent Resource Handbook for the Prevention of Alcohol and Other Drug Problems" offering information, parenting tools and resources for people seeking support and assistance in dealing with students' or children's substance abuse problems.

Other educational offerings include videotapes and school curricula. More information on these and other resources is available from Jon Frank at 526-6441.

Prevention Council meetings are held the third Thursday of every month, from 7 to 9 p.m. in Albany's Community Center at 958 Masonic Ave. The first half-hour of each meeting is devoted to education. For more information on the council and its meetings, call Ralph Cantor, 845-9494, or Jon Frank, 526-6441.

Albany's Recreation and Community Services Department has several events coming up for youth. A ski trip to Bear Valley is planned for sixth graders through high school students Friday, Feb. 24. The \$54 fee includes round trip transportation on a chartered bus, supervision and lift passes.

Friday, March 9 a teen overnighter will be held for sixth to eighth graders in the Community Center. Various contests, including an eating competition, will be offered and videos will be shown. For information call the teen staff at 528-5740.

Co-ed open gym programs for adults, including volleyball and basketball, are being offered. Volleyball, already under way, continues through June. Games are played in the Middle School gym Wednesday nights from 7 to 9 p.m.; a drop-in fee of \$2 is collected at the door. Open gym basketball begins Tuesday, Feb. 20 and runs through May in the Albany High School gym. Recreation Supervisor Theresa Brand recommends buying an activity card for \$25 that will last for the season.

Program gives Alzheimer's caregivers a respite

By Eileen Duffy
City of El Cerrito

Are you caring for someone with Alzheimer's disease or some other illness involving memory loss? If you are, you know that both the person with Alzheimer's and you as his or her caregiver have special needs. Katie Lewis at the El Cerrito Senior Center has a set of programs to help answer those needs.

"The Open House Respite Program offers a variety of low-key activities designed for the person with memory loss," Kaite said. "A second goal of the program is to provide respite and support for the family members who are the regular caregivers."

The job of giving care to a relative with Alzheimer's disease or other illness can be an exhausting one. The Senior Center tries to alleviate some of the pressure by offering the respite program for five hours every Tuesday.

The program's activities include mild exercise, music and instruction in daily living skills. On the day I visited the center, a number of activities were scheduled. My favorite was one provided by the Berkeley Humane Society called Therapets.

A big, white rabbit and an assortment of other animals were shown around and then placed in the arms of the participants.

Even those unwilling to hold an animal enjoyed watching the others do so. Several times I witnessed a hand reach over to stroke the soft fur of a small creature in a neighbor's lap.

There is a volunteer-participant ratio of one to one in the program. One volunteer said, "I feel I've had a good life and need to give something back for what I've had. I think my mother had Alzheimer's disease before we knew what it was and I know what I went through, so if I can help someone else, I want to do it."

Family caregivers can be assured that their one will be attended by well-trained volunteers.

The program meets on Tuesdays from 10 a.m. to 3 p.m. Generally, family members bring the participants to the Open House and pick them up when the program is over.

Participants who are over 60 who live in El Cerrito, Kensington or the Richmond Annex may use the El Cerrito's Dial-a-Ride Service for travel from the program. This should be arranged individually with the Open House staff.

Participants can be served a hot lunch. Only a bag lunch may be brought. Light refreshments are always available.

Caregivers Support Group

A support group for family caregivers is held the first Tuesday of each month. Staff is available at that time for consultation with the caregivers while the respite program is going on.

I sat in on a recent support group session. Those attending were caregivers who had just learned that their loved one had Alzheimer's and who had known for several years. The "old" caregivers were able to help the new caregivers understand what to expect as time went on and, more importantly, how to deal with it.

The Respite Program meets at the Open House Senior Center, 6500 Stockton Ave. (between El Cerrito and Kensington). For more information call Senior Center Manager Katie Lewis at 526-6744.

The Journal
Local news about people
Albany, Kensington
and El Cerrito

Dianne C. Kane engaged to William Yamada

Mrs. James M. Kane, Sr., of Longmeadow, Mass., has announced the engagement of Dianne Catherine Kane to William Yukio Yamada, a son of Mr. and Mrs. Robert K. Yamada of El Cerrito.

An April wedding is planned. Kane, daughter of the late James M. Kane, Sr., is an elementary school teacher in Manhattan.

She is a cum laude graduate of the University of Vermont and is studying for a master's degree in elementary education at Hunter College.

Yamada is an executive vice president and creative director of the Image Group at Wells, Rich and Greene, Inc., an advertising agency in Manhattan.

He is a graduate of the Academy of Art in San Francisco and has a degree from the California College of Arts and Crafts.

July 4th booth rentals available

EL CERRITO — The city is making plans for its annual Fourth of July celebration.

Service clubs or non-profit organizations may rent a fund-raising booth or information table at the celebration.

Applications are available at the El Cerrito Community Center, 7007 Moeser Lane; or call 525-5519.

The festivities will be held at the Community Center 11 a.m. to 4 p.m. July 4. The annual event draws more than 5,000 participants from local communities.

Pony rides, a bounce machine, train rides, jugglers, tea dancing, free swimming, food and crafts booths are part of this summer's celebration.

Volunteers sought

The Court Appointed Special Representative Program is recruiting volunteers on behalf of neglected and abused children in West Contra Costa County.

This program recruits and trains mature and concerned citizens to support and advocate for an abused child's best interest.

A new CASR training program will be held at Brookside Hospital in Richmond. The 30-hour training begins March 8 and continues to March 24. Applications are available from the CASR office in Pleasant Hill. Call 256-7284.

The CASR volunteer is matched directly to a child's case. He or she talks to everyone involved in the child's life, the parents, social worker, attorneys, counselors and foster parents.

The program has been successful in providing consistent emotional support throughout the painful and frightening court process.

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